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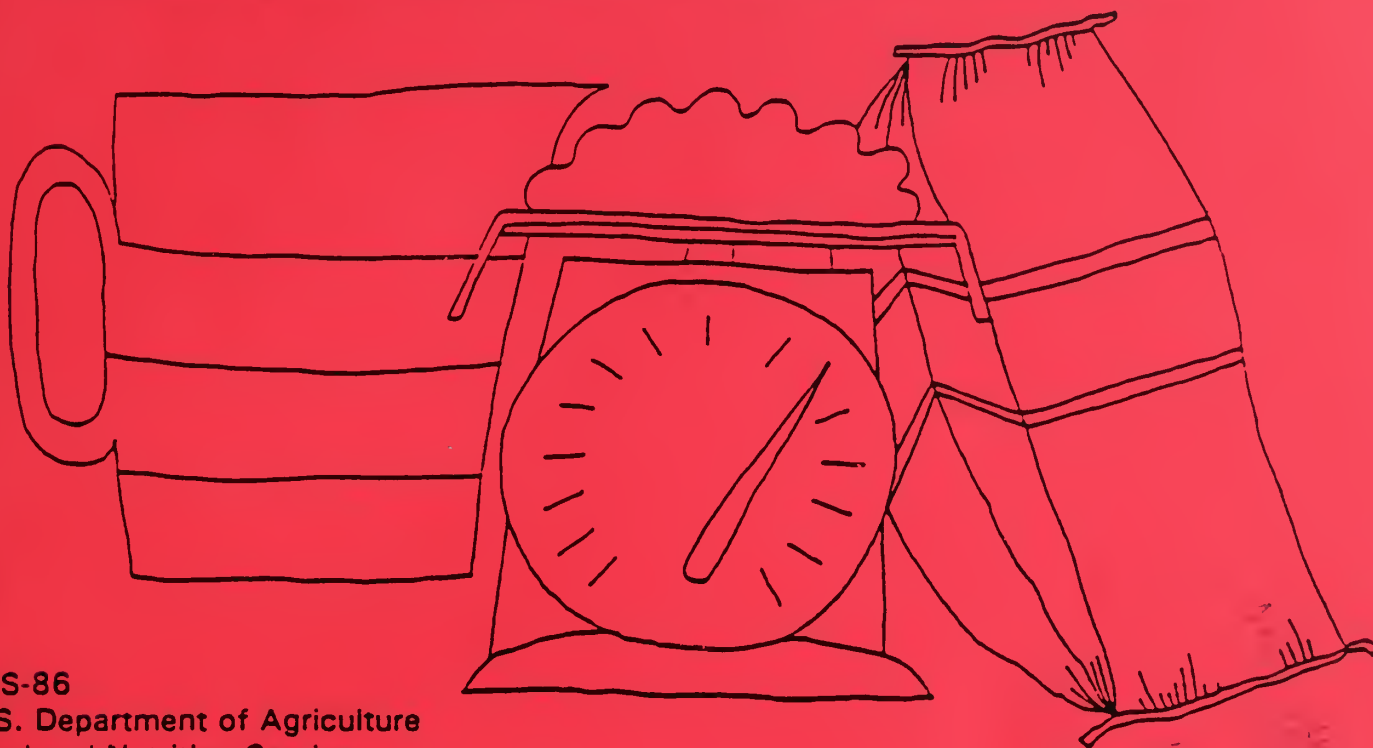
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# Quantity Recipes for Child Care Centers



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Washington, D.C.

Prepared by

Nutrition and Technical Services Division  
Food and Nutrition Service

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Modified September, 1993





# Quantity Recipes for Child Care Centers

## Modified September 1993

### ACKNOWLEDGEMENTS

Thank you to the Child and Adult Care Food Program (CACFP) Advisory Committee comprised of National, Regional, and State representatives for their important comments and suggestions incorporated into this modified version of FNS-86 Quantity Recipes for Child Care Centers.

Upon request, favorite recipes were selected from PA-1371, Quantity Recipes for School Food Service, 1988, such as Taco Salad, Tuna Salad, Creamy Dip for Fresh Vegetables, and Baked Beans. User-friendly general information cards have also been adapted from the same collection.

Please note that these modified recipes are not kitchen-tested.

The crediting line for children's servings has been incorporated where appropriate.

In general, recipes have been modified by:

- making substitutions
- lowering fat where possible
- reducing or making salt optional
- eliminating or reducing unpopular items, i.e., liver, salmon
- adding culturally diverse recipes for taste and acceptability

If further reduction of fat is desired, reduced fat cheese could be substituted. Test for quality in small batches before applying to the total recipe.

This provisional version should suffice until new child care recipes can be developed and tested.

For any questions concerning these recipe modifications, please contact Linda Ebert or Holly McPeak, Nutrition and Technical Services Division, (703) 305-2556.



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This recipe card file provides quantity recipes and other information needed to prepare meals in child care centers participating in the Child and Adult Care Program. Daily use of the information in this recipe file will help assure:

- Appetizing, nutritious meals.
- Adequate servings of food for all children.
- Moderate Food costs.

The information in this card file is classified in 8 sections:

A—General Information (this section)	E—Salads
B—Cereal Products	F—Sandwiches
C—Desserts	G—Soups
D—Main Dishes	H—Vegetables

Each section has a divider card with an index listing general instruction cards, recipes, and recipe variations included in the section. The instruction cards are first and the recipes which follow are arranged alphabetically and numbered consecutively within each section.

GENERAL INFORMATION section includes, in addition to this card, vitamin A, vitamin C, and iron sources; finger foods; how to calculate the quantities of food needed; conversion charts; measures and scoops for

portion control; general instructions on the use of non-fat dry milk and shell eggs; and some ingredient substitutions.

The recipes in Sections B through H are designed to help meet the meal requirements for meat and alternates, vegetables and fruits, bread and alternates and cereal. All recipes in the file were carefully planned to appeal to young children's food tastes, to provide variety in meals, and to make good use of locally purchased and USDA-donated foods.

Each recipe is designed to yield 50 servings of a specified size.

### THE RECIPE CARD

At the top of the card the *name of the recipe* is given in center; the *section*, such as Main Dishes, and the *card number* on the right side.

## QUANTITY RECIPES FOR CHILD CARE CENTERS

**INGREDIENTS**—The ingredients are listed in the first column in the form in which they are to be used in the recipe and in the order of use. All foods listed can be purchased on the regular commercial market. Some items such as non-instant nonfat dry milk and rolled wheat are USDA "special purchase" foods.

**MEASURES OR WEIGHTS**—The quantity of each ingredient described in the first column is given in volume measures except meat and some poultry which are given in weights.

**FOR SERVINGS**—This column is to be used for entering the quantity of each ingredient needed for the number of servings to be prepared. (See card A-6, How to Calculate the Quantities of Food Needed.)

**DIRECTIONS**—The information in this column tells how to proceed in preparing the recipe. Each major procedure and the ingredients used are separated from the next procedure by a horizontal line.

**SERVINGS**—A serving of prepared food, such as 1 slice, 2 by 2 inches,  $\frac{1}{4}$  cup, or 1 biscuit, is described in most recipes. The contribution a serving makes to the meal requirements is also indicated when appropriate. Some recipes may contribute to two or more requirements of the meal.

Each recipe making a contribution to the vegetable and fruit requirement provides at least  $\frac{1}{8}$  cup of vegetable or fruit.

**COST PER SERVING**—This space is provided to record the cost per serving of a food.

**VARIATIONS**—A variation of a recipe may have one or more ingredients replaced, added to, or deleted from the basic recipe. A variation may call for a change in preparation method or cooking time. The variations are listed alphabetically in each recipe.

**BUYING GUIDE FOR SELECTED ITEMS**—A buying guide is given on the back of the recipe card for selected ingredients that have some preparation loss or gain before they are ready to be used in recipes, and for canned or frozen foods that are available. "Food as purchased" refers to the fresh form unless otherwise indicated. The guide shows how much of this food is needed to provide the quantity called for in the recipe for 50 servings. For example, the recipe for Mashed Potatoes, H-7, calls for 1 gallon 2 cups of pared potatoes. The marketing guide shows that 7 lb 6 oz of potatoes of good quality need to be purchased for the recipe.

**NOTE**—Additional information on food ingredients on selected recipes or information cards is given in a NOTE.



# MEAL PATTERN FOR CHILDREN IN THE CACFP

Breakfast	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Milk, fluid	1/2 cup	3/4 cup	1 cup
Juice or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Bread and/or cereal, enriched or whole grain			
Bread or	1/2 slice	1/2 slice	1 slice
Cereal: Cold dry or	1/4 cup <sup>1</sup>	1/3 cup <sup>2</sup>	3/4 cup <sup>3</sup>
Hot cooked	1/4 cup	1/4 cup	1/2 cup

## Midmorning or midafternoon snack (supplement)

(Select 2 of these 4 components)			
Milk, fluid	1/2 cup	1/2 cup	1 cup
Meat or meat alternate <sup>4</sup>	1/2 ounce	1/2 ounce	1 ounce
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Bread and/or cereal, enriched or whole grain			
Bread or	1/2 slice	1/2 slice	1 slice
Cereal: Cold dry or	1/4 cup <sup>1</sup>	1/3 cup <sup>2</sup>	3/4 cup <sup>3</sup>
Hot cooked	1/4 cup	1/4 cup	1/2 cup

## Lunch or supper

Milk, fluid	1/2 cup	3/4 cup	1 cup
Meat or meat alternate			
Meat, poultry, or fish, cooked (lean meat without bone)	1 ounce	1 1/2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces
Egg	1	1	1
Cooked dry beans and peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Nuts and/or seeds	1/2 ounce <sup>5</sup>	3/4 ounce <sup>5</sup>	1 ounce <sup>5</sup>
Vegetable and/or fruit (two or more)	1/4 cup	1/2 cup	3/4 cup
Bread or bread alternate, enriched or whole grain	1/2 slice	1/2 slice	1 slice

<sup>1</sup> 1/4 cup (volume) or 1/3 ounce (weight), whichever is less.

<sup>2</sup> 1/3 cup (volume) or 1/2 ounce (weight), whichever is less.

<sup>3</sup> 3/4 cup (volume) or 1 ounce (weight), whichever is less.

<sup>4</sup> Yogurt may be used as a meat/meat alternate in the snack only. You may serve 4 ounces (weight) or 1/2 cup (volume) of plain, or sweetened and flavored yogurt to fulfill the equivalent of 1 ounce of the meat/meat alternate component. For younger children, 2 ounces (weight) or 1/4 cup (volume) may fulfill the equivalent of 1/2 ounce of the meat/meat alternate requirement.

<sup>5</sup> This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

**CAUTION:** Children under 5 are at the highest risk of choking. USDA recommends that any nuts and/or seeds be served to them in a prepared food and be ground or finely chopped.

# FOODS CONTAINING VITAMIN A, VITAMIN C AND IRON

## Foods Containing Vitamin A:

### Fruits

Apricots  
Cantaloupe  
Mandarin Orange Sections  
Mango  
Melon balls (cantaloupe and honeydew)  
Nectarines  
Plums  
Watermelon

### Vegetables

Broccoli  
Carrots  
Chard  
Collards  
Endive  
Escarole  
Kale  
Mustard greens  
Peas and Carrots  
Peppers, sweet, red  
Plantain  
Pumpkin  
Romaine  
Spinach  
Squash, winter  
Sweet potatoes

Tomatoes  
Tomato juice  
Tomato-Vegetable juice  
Turnip greens

## Foods Containing Iron:

### Meat and Meat Alternates

Meats:  
Beef  
Liver  
Liverwurst

Dry beans and peas:  
Black-eyed peas (cowpeas)  
Chickpeas (garbanzo beans)  
Kidney beans, red or white  
Lentils  
Soybeans

Turkey, dark meat

Fish:  
Shellfish  
Trout

Nuts and seeds:  
Pine nuts  
Pumpkin seeds  
Squash seeds

### Bread and Bread Alternates

Whole-grain, enriched, or fortified bread or bread alternates, such as:

Bagel, plain, pumpernickel, or whole-wheat  
Farina  
Muffin, bran  
Noodles  
Oatmeal  
Pita Bread, plain or whole wheat  
Pretzel, soft  
Ready-to-eat cereals, fortified  
Rice, white

## Foods Containing Vitamin C:

### Fruits

Apples  
Apple juice  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Grapefruit  
Grapefruit juice  
Grapefruit-orange juice  
Grapefruit  
and orange sections  
Grape Juice, unsweetened  
Honeydew melon  
Kiwi fruit  
Mandarin orange sections  
Mangoes  
Nectarines

### Vegetables

Artichokes  
Asparagus  
Beans, green  
Beans, yellow  
Beans, Lima  
Bean Sprouts  
Broccoli  
Cabbage  
Cauliflower  
Chickory  
Collards  
Endive  
Escarole  
Kale  
Kohlrabi  
Mustard greens  
Okra  
Onions  
Parsnips

Peas  
Peppers  
Plantain  
Potatoes  
Pumpkin  
Radishes  
Snowpeas  
Spinach  
Squash  
Romaine  
Rutabagas  
Tomatoes  
Tomato juice  
Turnip greens  
Turnips  
Watercress

### Vegetables

Beans, lima  
Spinach

### Fruits

Apricots, dried  
Prunes  
Prune juice

# ACCEPTABLE BREAD AND BREAD ALTERNATES

## Important Notes:

- All products must be made of whole grain or enriched flour or meal.
- Serving sizes listed below are specified for children under 6 years of age.
- A "full" serving (defined below) is required for children 6 years of age and older.
- USDA recommends that cookies, granola bars, and similar foods be served in a snack

no more than twice a week. They may be used for a snack only when:

- whole grain or enriched meal or flour is the predominant ingredient as specified on the label or according to the recipe; and
- the total weight of a serving for children under 6 years of age is a minimum of 18 grams (0.6 oz.) and for children over 6 years, a minimum of 35 grams (1.2 oz.).

label or manufacturer to be sure the product is made with enriched flour.

- The amount of bread in a serving of stuffing should weigh at least 13 grams (0.5 ounces).

- Whole grain, enriched, or fortified breakfast cereals (cold, dry, or cooked) may be served for breakfast or snack only.

■ To determine serving sizes for products in Group A that are made at child care centers, refer to "Cereal products".

- Doughnuts and sweet rolls are allowed as a bread item in breakfasts and snacks only.
- French, Viennese, Italian, and Syrian breads are commercially prepared products that often are made with unenriched flour. Check the

## Group A

When you obtain these items commercially, a full serving should have a minimum weight of 25 grams (0.9 ounces). The serving sizes specified below should have a minimum weight of 13 grams (0.5 ounces).

Item	Serving Size
Bagels	1/2 bagel
Biscuits	1 biscuit
Boston brown bread	1/2 serving
Breads, sliced, all types (white, rye, whole wheat, raisin, quick breads, etc.)	1/2 slice
Buns and sweet buns	1/2 bun
Cornbread	1 piece
Croissants	1/2 croissant
Doughnuts (all types)	1/2 doughnut
Egg roll/wonton wrappers	1 serving
English muffins	1/2 muffin
French, Italian, or Vienna bread	1/2 slice
"Fry" bread	1/2 piece
Muffins	1/2 muffin
Pizza crust	1 serving
Pretzels, Dutch (soft)	1 pretzel
Rolls and sweet rolls	1/2 roll
Stuffing (bread)	1/2 serving
Syrian bread (mita)	1/2 round

## Group B

When you obtain these items commercially, a full serving should have a minimum weight of 20 grams (0.7 ounces). The serving sizes specified below should have a minimum weight of 10 grams (0.4 ounces).

Item	Serving Size
Batter and/or breading	
Bread sticks (dry)	2 sticks
Chow mein noodles	1/4 cup
Graham crackers	2 squares
Melba toast	3 pieces
"Pilot" bread	1 piece
Rye wafers (whole-grain)	2 wafers
Saltine crackers	4 squares
Soda crackers	2 crackers
Taco shells (whole, pieces)	1 shell
Zwieback	2 pieces

## Group C

When you obtain these items commercially, a full serving should have a minimum weight of 30 grams (1.1 ounces). The serving sizes specified below should have a minimum weight of 15 grams (0.5 ounces).

Item	Serving Size
Dumplings	1/2 dumpling
Hush puppies	1/2 serving
Meat or meat alternate pie crust	1/2 serving
Meat or meat alternate turnover crust	1/2 pancake
Pancakes	1/2 popover
Popovers	1/2 serving
Sopaipillas	1/2 tortilla
Spoonbread	1/2 serving
Tortillas	1/2 tortilla
Waffles	1/2 serving

## Group D

When you serve these items, a full serving should have a minimum of 1/2 cup cooked product. The serving sizes specified below are the minimum half servings of cooked product.

Item	Serving Size
Barley	1/4 cup
Bulgur	1/4 cup
Corn grits	1/4 cup
Lasagna noodles	1/4 cup
Macaroni or spaghetti	1/4 cup
Noodles (egg)	1/4 cup
Ravioli (pasta only)	1/4 cup
Rice (white or brown)	1/4 cup



Finger foods are foods cut into bite-size pieces which children can pick up with their fingers, such as:

Apple wedges	Celery sticks	Fresh pineapple sticks	Plums
Banana slices	Cheese cubes	Grapefruit sections	Prunes
Berries	Dried peaches	Green pepper sticks	Raisins
Cabbage wedges	Dried pears	Meat cubes	Tangerine sections
Carrot sticks	Fresh peach wedges	Melon cubes	Tomato wedges
Cauliflowerets	Fresh pear wedges	Orange sections	Turnip sticks
			Zucchini sticks

## DIRECTIONS FOR PREPARING

**APPLE WEDGES**—Wash fruit thoroughly. Remove core. Slice into wedges about  $\frac{1}{2}$  inch thick.

**BANANA SLICES**—Peel bananas. Slice or serve as banana half and teach the children how to peel the banana.

**BERRIES**—Select fruit with no soft decayed spots. Wash. Remove caps and stems.

**CABBAGE WEDGES**—Wash cabbage thoroughly. Slice into  $\frac{1}{2}$  inch wedges.

**CARROT STICKS**—Wash thoroughly. Scrape or peel. Cut off ends. Cut into sticks about  $\frac{1}{4}$  inch thick and  $2\frac{1}{2}$  to 3 inches long.

**CAULIFLOWERETS**—Wash cauliflower thoroughly. Break into single flowerets.

**CELERY STICKS**—Wash celery thoroughly. Trim off root and blemishes. Cut into sticks about  $\frac{1}{4}$  inch thick and  $2\frac{1}{2}$  to 3 inches long or cut celery stalk into pieces  $2\frac{1}{2}$  to 3 inches long. Fill with peanut butter (thinned with mayonnaise, honey or butter) or cream cheese (thinned slightly with milk). Pimientos may be added to cream cheese for color or extra flavor.

**CHEESE CUBES**—Cut cheese, such as Cheddar, Edam, Gouda, Gruyere, Muenster, and Swiss into 1-inch cubes.

**FRESH PEACH WEDGES**—Select ripe peaches. Peel. Remove seeds and cut into  $\frac{1}{4}$  inch wedges.

**FRESH PEAR WEDGES**—Select ripe fruit. Wash pears thoroughly, remove core and soft places. Cut into  $\frac{1}{4}$ -inch wedges.

## SUGGESTED FINGER FOODS—

**FRESH PINEAPPLE STICKS**—Peel and core pineapple. Cut into sticks  $\frac{1}{2}$  inch thick and  $2\frac{1}{2}$  to 3 inches long.

**GRAPEFRUIT SECTIONS**—Peel and section. Remove all seeds.

**GREEN PEPPER STICKS**—Wash pepper thoroughly. Cut out stem and remove seeds. Cut into strips  $\frac{1}{4}$  inch wide and  $2\frac{1}{2}$  to 3 inches long.

**MEAT CUBES**—Cut cooked meat, such as roast beef, meat loaf, chicken, roast veal or lamb, into 1-inch cubes.

**MELON CUBES**—Peel, remove seeds and fibers, and cut into cubes.

**ORANGE SECTIONS**—Peel and section. Remove all seeds.

**PLUMS**—Wash fruit thoroughly. Remove pit and cut into quarters.

**PRUNES**—Remove pit or buy pitted prunes.

**TANGERINE SECTIONS**—Peel and section. Be sure to remove all seeds.

**TOMATO WEDGES**—Wash. Cut out core and cut into wedges.

**TURNIP STICKS**—Wash and peel turnips. Cut into sticks  $\frac{1}{2}$  inch thick and 2 to  $2\frac{1}{2}$  inches long.

# Recipe Adjustment

Most of the recipes are standardized to yield both 50 and 100 servings; for example, 50 and 100 4-ounce (1/2 cup) ladles of Chili Con Carne. A few recipes, such as Barbecue Sauce, are given in quart and gallon measurements. Since few schools serve exactly 50 or 100 portions, it is usually necessary to increase or decrease the number of servings in a recipe. Follow the directions below to adjust a recipe to produce the required number of servings. Use the tables "Decimal Equivalents for Fractions (of 1 Pound, 1 Cup, or 1 Gallon)" (see A-11) and "Common Measures" (see A-12), in addition to the table below, as aids.

## Fraction to Decimal Equivalents

Fraction	Decimal
1/8	= 0.12
1/4	= 0.25
3/8	= 0.38
1/2	= 0.50
5/8	= 0.62
3/4	= 0.75
7/8	= 0.88

## To Calculate the Quantities of Food Needed in a Recipe

1. On the front of the recipe, in the column headed "For \_\_\_ Servings," write the number of servings needed.  
For example: For 160 Servings
2. Divide this number by 100 to obtain a factor.  
For example:  $160 \div 100 = 1.6$  (factor)
3. Multiply the amount of each ingredient in the 100-servings column (weight or measure) by the factor to obtain the amount to prepare for the adjusted number of servings. Remember to use the weights or measures from the 100-servings column and to choose between alternative ingredients, if given. Adjusting a recipe by weight is recommended; however, if volume measures will be used in preparing the recipe, adjust by volume measures.
4. Convert the amount of each ingredient in the adjusted recipe to the nearest measurable amount.
5. Write the adjusted amount on the line in the "For \_\_\_ Servings" column across from each ingredient. See examples below for adjusting by weight or volume.

## General Information

### Adjusting by Weight

Example 1: 14 ounces of an ingredient are specified for 100 servings and the factor obtained by the previous calculation is 1.6. Make the following calculation:

$$\begin{array}{rcl} 14 \text{ ounces} & \times & 1.6 \\ \text{(amount for} & & \text{(factor)} \\ \text{100 servings)} & & \\ \hline & & 22.4 \text{ ounces} \\ & & \text{(amount in} \\ & & \text{adjusted recipe)} \end{array}$$

Convert 22.4 ounces into pounds and ounces using A-12, "Common Measures," as a guide (22.4 ounces is 1 lb 6.4 ounces). The decimal .4 will need to be changed to the nearest measurable amount such as 3/8 or 1/2 ounce depending on the sensitivity of the scale used.

Example 2: 1 lb 8 oz of an ingredient is specified for 100 servings and the factor obtained by the previous calculation is 1.6. First, change the ounce measure to the decimal part of a pound. See A-11, "Decimal Equivalents for Fractions (of 1 Pound, 1 Cup, or 1 Gallon)."

$$\begin{array}{rcl} 1 \text{ lb } 8 \text{ oz} & = & 1.5 \text{ lb} \\ \text{(amount for} & & \text{(decimal} \\ \text{100 servings)} & & \text{equivalent)} \\ \hline 1.5 \text{ lb} & \times & 1.6 \\ & & \text{(factor)} \\ \hline & & 2.4 \text{ lb} \\ & & \text{(amount in} \\ & & \text{adjusted recipe)} \end{array}$$

Convert the decimal part of the pound (.4) to the nearest measurable amount (6 ounces or 1/3 pound). See A-11, "Decimal Equivalents for Fractions (of 1 Pound, 1 Cup, or 1 Gallon)."

## Adjusting by Volume (Measure)

Example 1: 2 cups of an ingredient are specified for 100 servings and the factor obtained by the previous calculation is 1.6. Make the following calculation:

$$\begin{array}{rcl} 2 \text{ cups} & \times & 1.6 \\ \text{(amount for} & & \text{(factor)} \\ \text{100 servings)} & & \end{array} = \begin{array}{r} 3.20 \text{ cups} \\ \text{(amount in} \\ \text{adjusted recipe)} \end{array}$$

Increase 3.20 cups to the next higher measurable amount, 3.25 cups (3-1/4 cups). See "Fraction to Decimal Equivalents" table, above.

Example 2: 1-1/4 cups are specified for 100 servings and the factor obtained by the previous calculation is 1.6. Change the fraction to the nearest decimal equivalent. See "Fraction to Decimal Equivalents" table, above.

$$\begin{array}{rcl} 1\text{-}1/4 \text{ cups} & = & 1.25 \text{ cups} \\ \text{(amount for} & & \text{(decimal equivalent)} \\ \text{100 servings)} & & \end{array}$$

$$\begin{array}{rcl} 1.25 \text{ cups} & \times & 1.6 \\ & & \text{(factor)} \end{array} = \begin{array}{r} 2 \text{ cups} \\ \text{(amount in} \\ \text{adjusted recipe)} \end{array}$$

## To Calculate the Quantities of Food Needed From a Marketing Guide

1. In the Marketing Guide, in the column headed "For \_\_\_ Serving Recipe," write the number of servings needed.
2. Use the same factor as was used to adjust the recipe. To calculate the amount of each ingredient to purchase, multiply the factor by the weight or volume measure from the "For 100-Serving Recipe" column.
3. Write the amount to purchase in the "For \_\_\_ Serving Recipe" column across from each food item.

**NOTE:** The weight of the food as purchased should give the amount needed if good quality food is purchased and prepared by methods that result in a minimum of waste. More food may be needed to obtain the amount specified in the recipe if lower quality food is used and preparation losses are above average.



# CONVERSION CHART FOR CHANGING THE SIZE OF A QUANTITY RECIPE BY VOLUME

General Information A-7

The chart may be used to increase or decrease the size of a recipe in 25-serving amounts. Find the amount of each ingredient in column "50 servings" and move across line to column containing the desired number of servings for the amount required. Suppose 125 servings of a recipe are needed. If the 50-serving recipe requires 1 tsp of an ingredient, then 2-1/2 tsp are needed for 125 servings (2 tsp from 100 serving column plus 1/2 tsp from 25 serving column).

25 servings	Base 50 servings	75 servings	100 servings	150 servings	200 servings
1/8 tsp.....	1/4 tsp.....	3/8 tsp.....	1/2 tsp.....	3/4 tsp.....	1 tsp
1/4 tsp.....	1/2 tsp.....	3/4 tsp.....	1 tsp.....	1-1/2 tsp.....	2 tsp
3/8 tsp.....	3/4 tsp.....	1-1/8 tsp.....	1-1/2 tsp.....	2-1/4 tsp.....	1 Tbsp
1/2 tsp.....	1 tsp.....	1-1/2 tsp.....	2 tsp.....	1 Tbsp.....	1-1/3 Tbsp
3/4 tsp.....	1-1/2 tsp.....	2-1/4 tsp.....	1 Tbsp.....	1-1/2 Tbsp.....	2 Tbsp
1 tsp.....	2 tsp.....	1 Tbsp.....	1-1/3 Tbsp.....	2 Tbsp.....	2-2/3 Tbsp
1-1/4 tsp.....	2-1/2 tsp.....	1 Tbsp 3/4 tsp.....	1-2/3 Tbsp.....	2-1/2 Tbsp.....	3-1/3 Tbsp
1-1/2 tsp.....	1 Tbsp.....	1-1/2 Tbsp.....	2 Tbsp.....	3 Tbsp.....	1/4 cup
1 Tbsp.....	2 Tbsp.....	3 Tbsp.....	1/4 cup.....	3/8 cup.....	1/2 cup
1-1/2 Tbsp.....	3 Tbsp.....	1/4 cup 1/2 Tbsp.....	3/8 cup.....	1/2 cup 1 Tbsp.....	3/4 cup
2 Tbsp.....	1/4 cup.....	3/8 cup.....	1/2 cup.....	3/4 cup.....	1 cup
2-2/3 Tbsp.....	1/3 cup.....	1/2 cup.....	2/3 cup.....	1 cup.....	1-1/3 cups
1/4 cup.....	1/2 cup.....	3/4 cup.....	1 cup.....	1-1/2 cups.....	2 cups
3/8 cup.....	3/4 cup.....	1-1/8 cups.....	1-1/2 cups.....	2-1/4 cups.....	3 cups

# CONVERSION CHART FOR CHANGING THE SIZE OF A QUANTITY RECIPE BY VOLUME

25 servings	Base 50 servings	75 servings	100 servings	150 servings	200 servings
1/2 cup.....	1 cup.....	1-1/2 cups.....	2 cups.....	3 cups.....	1 qt
3/4 cup.....	1-1/2 cups.....	2-1/4 cups.....	3 cups.....	1 qt 1/2 cup.....	1-1/2 qt
1 cup.....	2 cups.....	3 cups.....	1 qt.....	1-1/2 qt.....	2 qt
1-1/4 cups.....	2-1/2 cups.....	3-3/4 cups.....	1-1/4 qt.....	1 qt 3-1/2 cups.....	2-1/2 qt
1-1/2 cups.....	3 cups.....	1 qt 1/2 cup.....	1-1/2 qt.....	2-1/4 qt.....	3 qt
1-3/4 cups.....	3-1/2 cups.....	1 qt 1-1/4 cups.....	1-3/4 qt.....	2 qt 2-1/2 cups.....	3-1/2 qt
2 cups.....	1 qt.....	1-1/2 qt.....	2 qt.....	3 qt.....	1 gal
3 cups.....	1-1/2 qt.....	2-1/4 qt.....	3 qt.....	1 gal 1/2 qt.....	1-1/2 gal
1 qt.....	2 qt.....	3 qt.....	1 gal.....	1-1/2 gal.....	2 gal
1-1/2 qt.....	3 qt.....	1 gal 1/2 qt.....	1-1/2 gal.....	2-1/4 gal.....	3 gal
2 qt.....	1 gal.....	1-1/2 gal.....	2 gal.....	3 gal.....	4 gal
3 qt.....	1-1/2 gal.....	2-1/4 gal.....	3 gal.....	4-1/2 gal.....	6 gal

**Weighing and Measuring Ingredients**

General Information  
Measuring Procedures for Common Foods  
Both weight and volume measures are listed for most ingredients on each recipe. (For ingredients

# Weighing and Measuring Ingredients

## General Information

Both weight and volume measures are listed for most ingredients on each recipe. (For ingredients in amounts less than 2 ounces, and for liquids, only volume measures are given.) Keep in mind that weighing is more accurate than measuring. Whenever possible weigh the ingredients. If scales are not available, be sure to use the correct methods of measuring ingredients as suggested below:

### To Measure Liquid and Dry Ingredients

- Use standard measuring equipment and/or utensils.
- Make measurements level.
- Use the largest appropriate measure to save time and to reduce margin of error. (Example: use a 1-gallon measure once rather than a 1-quart measure four times.) Exception: To measure flour, use no larger than a 1-quart measure. Otherwise, flour will pack.

### Measuring Procedures for Common Foods

#### Flour (white or whole-grain), or meals:

- Spoon flour lightly into measure and level off with straight-edged knife or spatula. (Recipes were standardized without sifting.)
- Do not shake or tap measure.
- Be sure flour does not pack. (Flour should be measured in nothing larger than quarts.)

#### Nonfat dry milk:

- Stir lightly. Spoon into measure and level off with a spatula.

#### Dried whole eggs:

- Spoon lightly into measure and level off with a spatula.

#### Sugar, granulated, white or brown:

- Spoon into measure and level off with a spatula. If lumpy, sift before measuring.

#### Brown sugar, packed:

- If lumpy, roll out lumps with rolling pin. Pack regular brown sugar firmly into measure. The sugar should take the shape of the container when turned out.

#### Baking powder, baking soda, and dry spices:

- Stir lightly. Fill measuring spoons to heaping. Level with spatula.

#### Butter, margarine, and shortening:

- Press solid fat firmly into measure and level off with spatula.
- When formed in measurable sticks or pounds, simply slice off the amount needed. For easy measuring:

1 stick ( $\frac{1}{4}$  pound) measures about  $\frac{1}{2}$  cup.  
4 sticks (1 pound) or 1-pound block measure about 2 cups.

# Common Measures

## General Information

The following tables are designed to help convert parts of tablespoons, cups, quarts, gallons, and pounds to accurate measures, weights, or metric units.

## Common Measures

Use the common measures tables to change teaspoons to tablespoons, tablespoons to cups, cups to quarts, quarts to gallons, or any combination.

**Example:** To determine the number of cups in  $\frac{1}{8}$  gallon:

1. Locate the table that includes gallon measures; move down the gallon column to  $\frac{1}{8}$  gal. The table shows that  $\frac{1}{8}$  gal =  $\frac{1}{2}$  qt.
2. Locate the table that includes quart and cup measures; move down the quart column to  $\frac{1}{2}$  qt. The table shows that  $\frac{1}{2}$  qt = 2 cups.

**NOTE:** The steps can be followed in reverse order to find, for example, the part of a gallon which equals 2 cups.

### Teaspoons to Tablespoons

3 tsp	= 1 Tbsp
2½ tsp	= $\frac{5}{8}$ Tbsp
2¼ tsp	= $\frac{3}{4}$ Tbsp
2 tsp	= $\frac{2}{3}$ Tbsp
1⅞ tsp	= $\frac{5}{8}$ Tbsp
1½ tsp	= $\frac{1}{2}$ Tbsp
1⅓ tsp	= $\frac{2}{3}$ Tbsp
1 tsp	= $\frac{1}{3}$ Tbsp
$\frac{3}{4}$ tsp	= $\frac{1}{4}$ Tbsp

### Tablespoons to Cups

16 Tbsp	= 1 cup
14 Tbsp	= $\frac{7}{8}$ cup
12 Tbsp	= $\frac{3}{4}$ cup
10⅔ Tbsp	= $\frac{2}{3}$ cup
10 Tbsp	= $\frac{5}{8}$ cup
8 Tbsp	= $\frac{1}{2}$ cup
6 Tbsp	= $\frac{3}{8}$ cup
5½ Tbsp	= $\frac{1}{3}$ cup
4 Tbsp	= $\frac{1}{4}$ cup
2 Tbsp	= $\frac{1}{8}$ cup
1 Tbsp	= $\frac{1}{16}$ cup

### Cups to Quarts

4 cups	= 1 qt
3½ cups	= $\frac{7}{8}$ qt
3 cup	= $\frac{3}{4}$ qt
2⅔ cups	= $\frac{2}{3}$ qt
2½ cups	= $\frac{5}{8}$ qt
2 cups	= $\frac{1}{2}$ qt
1½ cups	= $\frac{3}{8}$ qt
1⅓ cups	= $\frac{1}{3}$ qt
1 cup	= $\frac{1}{4}$ qt
$\frac{1}{2}$ cup	= $\frac{1}{8}$ qt
$\frac{1}{4}$ cup	= $\frac{1}{16}$ qt

### Quarts to Gallons

4 qt	= 1 gal
3½ qt	= $\frac{7}{8}$ gal
3 qt	= $\frac{3}{4}$ gal
2⅔ qt	= $\frac{2}{3}$ gal
2½ qt	= $\frac{5}{8}$ gal
2 qt	= $\frac{1}{2}$ gal
1½ qt	= $\frac{3}{8}$ gal
1⅓ qt	= $\frac{1}{3}$ gal
1 qt	= $\frac{1}{4}$ gal
$\frac{1}{2}$ qt	= $\frac{1}{8}$ gal
$\frac{1}{4}$ qt	= $\frac{1}{16}$ gal



## Common Weights

Use the common weights table to change ounces to parts of pounds or parts of pounds to ounces.

**Example:** To determine what part of a pound 8 ounces is:

Move down the table to 8 ounces. The table shows that 8 oz =  $\frac{1}{2}$  lb.

### Ounces to Pounds

16 oz	= 1 lb
14 oz	= $\frac{7}{8}$ lb
12 oz	= $\frac{3}{4}$ lb
10 $\frac{2}{3}$ oz	= $\frac{2}{3}$ lb
10 oz	= $\frac{5}{8}$ lb
8 oz	= $\frac{1}{2}$ lb
6 oz	= $\frac{3}{8}$ lb
5 $\frac{1}{2}$ oz	= $\frac{1}{2}$ lb
4 oz	= $\frac{1}{4}$ lb
2 oz	= $\frac{1}{8}$ lb
1 oz	= $\frac{1}{16}$ lb

## Metric Equivalents

### Common to Metric

2.2 lb	= 1 kilogram (kg)
2 lb	= 907 grams (g)
1 lb	= 454 g
8 oz	= 227 g
4 oz	= 113 g
1 oz	= 28 g

### Common to Metric

1.05 qt	= 1 liter (L)
1 quart	= 946 milliliters (mL)
1 cup	= 237 mL

# Can Sizes (Common Weights and Measures)

## General Information

Can Size <sup>1</sup>	Average Net Weight or Fluid Measure Per Can <sup>2</sup>	Average Volume Per Can In Cups	Cans Per Case	Approximate No. of Cans Equal to No. 10 Can <sup>3</sup>	Common Products Found In Can Size
No. 10 . . . . .	6 lb 2 oz (98 oz) to 7 lb 5 oz (117 oz) . . . .	12 to 13 2/3 . . . . .	6 . . . . .	1 . . . . .	Institutional Size:  Fruit and vegetables; some other foods
No. 3 Cyl . . . . .	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 1 1/8 cups)	5 3/4 . . . . .	12 . . . . .	2 . . . . .	
No. 2 1/2 . . . . .	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz) . . . .	3 1/2 . . . . .	24 . . . . .	3 1/2 . . . . .	Family Size:  Fruits, some vegetables Juices, soups
No. 2 Cyl . . . . .	24 fl oz (3 cups) . . . . .	3 . . . . .	24 . . . . .	4 . . . . .	
No. 2 . . . . .	20 oz (1 lb 4 oz) or 18 fl oz (2 1/4 cups) . . . .	2 1/2 . . . . .	24 . . . . .	5 . . . . .	Juices, ready-to-serve soups, some fruits
303 . . . . .	16 oz (1 lb) to . . . . . 17 oz (1 lb 1 oz)	2 . . . . .	24 or 36 . .	6 1/2 . . . . .	Small Cans:  Fruits and vegetables, some meats and poultry products, and ready-to-serve soups
No. 300 . . . . .	14 oz to 16 oz (1 lb) . . . . .	1 3/4 . . . . .	24 . . . . .	7 . . . . .	
No 2 . . . . . (Vacuum)	12 oz . . . . .	1 1/2 . . . . .	24 . . . . .	8 to 9 . . . . .	Some fruits and meat products Vacuum pack corn
No. 1 . . . . . (Plenlc)	10 1/2 oz to 12 oz . . . . .	1 1/4 . . . . .	48 . . . . .	10 to 11 . . . . .	Condensed soups, some fruits, vegetables, meats, and fish
8 oz . . . . .	8 oz . . . . .	1 . . . . .	48 or 72 . .	12 . . . . .	Ready-to-serve soups, fruits, and vegetables

<sup>1</sup>Can sizes are industry terms and do not necessarily appear on the label.

<sup>2</sup>The net weight on can or jar labels differs according to the density of the contents. For example: A No. 10 can of sauerkraut weighs 6 lb 3 oz; a No. 10 can of cranberry sauce weighs 7 lb 5 oz. Meats, fish, and shellfish are known and sold by weight of contents.

<sup>3</sup>Number of cans to equal a No. 10 can are approximate measures. More exact measures can be made by using exact volume or weight of contents.



# Portion Control

## General Information

The recipes are standardized to yield a certain number of servings of the size specified in the recipe. To obtain that number of servings, follow the specified serving size as closely as possible. Scoops, ladles, or spoons of standard sizes help in serving equal-size portions.

### Ladles

The following sizes of ladles will help in obtaining equal-size servings of soups, sauces, creamed foods, and other similar foods. Portioned ladles are available for accurate portioning of foods that need draining.

Ladle Size	Approximate Measure
1 oz.....	1/8 cup
2 oz.....	1/4 cup
4 oz.....	1/2 cup
6 oz.....	3/4 cup
8 oz.....	1 cup

### Scoop (or Disher) Number

The number of the scoop or disher indicates the number of level scoops it takes to make 1 quart. The following table gives an approximate measure for each scoop:

Scoop or Disher Number	Approximate measure
6 .....	2/3 cup
8 .....	1/2 cup
10 .....	3/8 cup
12 .....	1/3 cup
16 .....	1/4 cup
20 .....	3 1/3 Tbsp
24 .....	2 2/3 Tbsp
30 .....	2 Tbsp
40 .....	1 2/3 Tbsp
50 .....	3 3/4 tsp
60 .....	3 1/4 tsp
70 .....	2 3/4 tsp
100 .....	2 tsp

### Serving Spoons

A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from the spoons used. This will help ensure that the proper portion size is served.

# BAKING PANS

A-12

Pan	Approximate pan size	Number servings <sup>1</sup> per pan
Baking or steam table.....	12 x 20 x 2 inches	50
Sheet.....	13 x 18 inches	50
Cake.....	9 x 13 x 2 inches	25

<sup>1</sup> About 2 x 2 inches or 1/4 cup

# Nonfat Dry Milk (Noninstant and Instant)

## General Information

The weight and volume measures for both noninstant nonfat dry milk and instant nonfat dry milk are given in the recipes. However, for best results, dry milk should be weighed rather than measured. All of the recipes are standardized using noninstant nonfat dry milk. Where possible, to save preparation steps, dry milk is combined with other dry ingredients in the recipes and the required amount of water is added along with other liquid ingredients. If desired, fluid milk may be used in place of reconstituted nonfat dry milk in the recipes. Directions for using nonfat dry milk to prepare fluid skim milk and sour milk are given below.

## To Prepare Fluid Skim Milk and Sour Milk\*

Ingredients	1 Gallon Reconstituted		Directions
	Weight	Measure	
FLUID SKIM MILK			
Noninstant, nonfat dry milk .....	14 oz .....	3 cups .....	<b>1. For noninstant nonfat dry milk:</b> Sprinkle noninstant nonfat dry milk on top of water and beat with mixer, rotary beater, or wire whip until smooth.  <b>For instant nonfat dry milk:</b> Mix instant nonfat dry milk and water in a gallon jar with a tight lid, or in a large pitcher. Shake or stir to mix.
<b>OR</b>		<b>OR</b>	
Instant nonfat dry milk... Water, room temperature..	14 oz .....	1 qt 1½ cups .....	
		3¾ qt .....	<b>2. If not used immediately, cover and refrigerate.</b>

\*To prepare 1 gallon sour milk, use 1 cup vinegar in place of 1 cup of the water in fluid skim milk recipe.

# Nonfat Dry Milk (Continued)

## General Information

Reconstituting Nonfat Dry Milk  
(Fluid Skim Milk = Nonfat Dry Milk + Water)

Fluid Skim Milk	Weight	Nonfat Dry Milk		Water
		Measures		
		NonInstant	Instant	
1 quart . . . . .	3½ oz . . . . .	¾ cup . . . . .	1½ cups . . . . .	3¾ cups . . . . .
2 quarts . . . . .	7 oz . . . . .	1½ cups . . . . .	2¾ cups . . . . .	1 qt 3½ cups . . . . .
3 quarts . . . . .	10½ oz . . . . .	2¼ cups . . . . .	1 qt . . . . .	2¾ qt . . . . .
1 gallon . . . . .	14 oz . . . . .	3 cups . . . . .	1 qt 1½ cups . . . . .	3¾ qt . . . . .
2 gallons . . . . .	1 lb 12 oz . . . . .	1½ qt . . . . .	2 qt 2¾ cups . . . . .	1 gal 3½ qt . . . . .
3 gallons . . . . .	2 lb 10 oz . . . . .	2¼ qt . . . . .	1 gal . . . . .	2 gal 3¼ qt . . . . .
4 gallons . . . . .	3 lb 8 oz . . . . .	3 qt . . . . .	1 gal 1¼ qt . . . . .	3¾ gal . . . . .
5 gallons . . . . .	4 lb 6 oz . . . . .	3¾ qt . . . . .	1 gal 2¾ qt . . . . .	4¾ gal . . . . .
6 gallons . . . . .	5 lb 4 oz . . . . .	1 gal 2 cups . . . . .	2 gal . . . . .	5 gal 2½ qt . . . . .

NOTE: To determine the volume measure of instant nonfat dry milk to use in place of noninstant nonfat dry milk, multiply the volume of noninstant nonfat dry milk given in the recipe by the factor 1.8.

From 3.2 to 3.5 ounces of nonfat dry milk, both instant and noninstant, can be used to make 1 quart of fluid milk. For convenience in measuring, 3.5 ounces (3½ oz) nonfat dry milk is used to make 1 quart in this chart.



# Shell Eggs

## General Information

### Using Fresh Shell Eggs

Purchase only refrigerated, fresh, clean, unbroken, and odor-free eggs. While the size and grade are marked on the carton or case, the weight is not. The following table shows weight of different sizes of shell eggs and the number to fill a quart. The table can be used to determine the correct number of shell eggs to use in a recipe when a weight or volume measure is specified.

### WEIGHT AND VOLUME MEASURES FOR FRESH EGGS

Number of eggs (large size)	Fresh (without shells) eggs	
	Weights	Measures
1 egg.....	1-3/4 ounces	3 tablespoons
2 eggs.....	3-1/2 ounces	3/8 cup
3 eggs.....	5-1/4 ounces	5/8 cup
6 eggs.....	10-3/4 ounces	1-1/4 cups
11 eggs.....	1 pound 3-1/2 ounces	2-1/4 cups
12 eggs.....	1 pound 5-1/2 ounces	2-1/2 cups
13 eggs.....	1 pound 7 ounces	2-2/3 cups
25 eggs.....	2 pounds 13 ounces	1 quart 1-1/4 cups
50 eggs.....	5 pounds 9 ounces	2 quarts 2-1/2 cups

NOTE: Size and grade are marked on the carton or case but weight is not.

### CAUTION

Cracked or soiled eggs may contain harmful bacteria that can be spread by food handlers.

--DO NOT USE CRACKED OR SOILED EGGS--

Do not use uncooked eggs in uncooked foods; milk drinks (such as eggnog or milkshakes); uncooked salad dressings; or uncooked puddings.

### WEIGHT OF DIFFERENT SIZES OF SHELL EGGS AND NUMBER PER CUP

Size (not marked)	Minimum net weight in shell	Approximate number per cup (8-1/2 ounces)		
	1 dozen (carton)	Whole eggs	Egg yolks	Egg whites
Extra-large.....	27 ounces (1 pound 11 ounces).....	4	12	6
• Large.....	24 ounces (1 pound 8 ounces).....	5	14	7
Medium.....	21 ounces (1 pound 5 ounces).....	6	16	8
Small.....	18 ounces (1 pound 2 ounces).....	6	18	10

\* All shell eggs used in the recipes are large size.

# Substitution of Ingredients in Recipes

## General Information

Ingredients that may be used in place of ingredients listed in a recipe are given below.

In place of	Use
1 teaspoon baking powder . . . . .	¼ teaspoon baking soda plus ⅝ teaspoon cream of tartar
1 tablespoon double-acting baking powder . . . . .	¾ teaspoon baking soda plus 1½ cups buttermilk or sour milk (to replace 1½ cups liquid)
1 package active dry yeast (¼ ounce) . . . . .	2¼ teaspoons active dry yeast
1 ounce active dry yeast . . . . .	¾ ounce instant yeast (check manufacturer's Instructions)
	OR
	2 ounces compressed yeast
1 cup fluid whole milk . . . . .	1/3 cup instant nonfat dry milk plus 1 cup water and 2 1/2 tsp margarine
	OR
	3 tablespoons non-instant dry milk plus 1 cup water and 2 1/2 teaspoons margarine
1 cup cake flour . . . . .	1 cup all-purpose flour minus 2 tablespoons

In place of	Use
1 cup flour (for thickening) . . . . .	½ cup cornstarch
	OR
	¾ cup granulated tapioca
1 tablespoon flour (for thickening) . . . . .	1/2 tablespoon cornstarch
	OR
	2 teaspoons quick-cooking tapioca
1 ounce or 1 square chocolate . . . . .	3 tablespoons cocoa plus 1 tablespoon fat
1 cup margarine . . . . .	1 cup butter
1 cup shortening . . . . .	1 to 1½ cups butter and subtract ½ teaspoon salt from the recipe
1 cup shortening . . . . .	1/2 cup shortening and 1/2 cup applesauce

In place of	Use
2 No. 10 cans tomato puree . . . . .	1 No. 10 can tomato paste plus 1 No. 10 can water
8 ounces tomato puree . . . . .	4 ounces tomato paste plus 4 ounces water
4 No. 10 cans tomato juice . . . . .	1 No. 10 can tomato paste plus 3 No. 10 cans water
1 46-oz can tomato juice . . . . .	1 1/2 ounces tomato plus 34 1/2 ounces water
1 cup sour milk . . . . .	1 cup sweet milk plus 1 tablespoon lemon juice or vinegar (let stand 5 minutes)
	OR
	1 cup sweet milk plus 1 3/4 teaspoon cream of tartar
1 quart lemon juice . . . . .	1 cup lemon juice concentrate (3 to 1) plus 3 cups water
12 eggs . . . . .	2 1/2 cups fresh eggs or frozen liquid pasteurized, thawed

VEGETABLE	Size and Count	Serving Size* and Yield	Tomato Wedge	
Carrot Sticks	Specify U.S. #1 carrots with 1-1/8 inch medium diameter --about 7-1/2 inches in length, six per pound Fifty-pound mesh bag.	1 stick is 4 inches long x 1/2 inch wide 6 sticks = 1/4		Specify 5 x 6 size, extra large, 30 pound net per container. Tomato is 2-1/8 inches x 3 inches in diameter; 2-1/4 tomatoes per pound.
Cauliflower	Specify in cartons of 18-24 pounds, or wirebound crates of 45-50 pounds.	1 medium head = about 6 cups florets	Slices	2 slices = about 1/4 cup
Celery Sticks	Specify 2, 2-1/2, or 3 dozen per crate. Crates weigh 60-70 pounds net.	1 stick is 3 inches long and 3/4 inch wide 4 sticks = 1/4 cup	Cherry	4 tomatoes = about 1/4 cup
Cucumbers	Specify 2-1/2 inch minimum diameter. This information will be stamped on the basket. Cucumbers will vary from 2 to 2-1/2 inches in diameter and are about 7-1/2 inches long.			Specify standard size, reasonably uniform in size. Volume give in cups.
Slices	1/8-inch thick slices	4 slices = 1/4 cup		
Sticks	Cut in thirds crosswise and then each third into fourths lengthwise for sticks	1 cucumber = 12 sticks 2 sticks = 1/4 cup		
Lettuce, Head (Iceberg)	Specify 2 dozen heads, weight of 40-48 pounds	1 piece = 1/4 cup		
Lettuce, Leaf	Specify 2 dozen heads, weight 18 pounds	1 large leaf = 1/4 cup		
Olives, Ripe	Large	8 olives = 1/4 cup		
Pickles, Dill	Specify large size 4 to 4-3/4 inches long, 22 to 39 count per gallon	1/2 pickle = 1/4 cup		
Sweet	Specify small size, 2-3/4 to 3-1/2 inches long, 52 to 99 count per gallon	1 pickle = 1/4 cup		
Radishes	Specify U.S. #1, 1/2 inch diameter minimum, without tops, small size, 45 radishes per pound.	7 radishes = 1/4 cup		

\*Any serving size may be planned. For simplicity, this table of serving sizes and yields for vegetables and fruits provides 1/4 cup servings of vegetables and 1/2 cup and/or 3/4 cup servings of fruits.



# SERVING SIZE AND YIELD FOR FRUITS

FRUIT	Size and Count	Serving Size and Yield	Oranges	Medium size fruit (size 70 and 72). Approximately 3 per pound.	1 nectarine = about 1/2 cup
Apples	Specify size 138-150 or larger. Approximately 2-1/2 inches diameter. About 4 to 5 apples per pound.	1 apple = about 1/2 cup		Specify size 138 or 113 (Calif. or Ariz) or size 125 (Fla. or Texas).	1 orange = about 3/4 cup
Bananas	Purchase by fingers. Institutional pack. 150 per case. Three to four bananas per pound.	1 banana = 1/2 cup		Specify size 84 (2-1/8 inches diameter-box may state 2 to 2-1/4 inches diameter). Approx. 3-1/2 to 4 peaches per pound.	1 peach = about 1/2 cup
Berries				Medium size fruit (size 60 to 64) 2-1/2 inches diameter or larger. Approx. 3 per pound.	1 peach = about 3/4 cup
Blueberries	Specify U.S. #1. Sold in pints. fresh.	1/2 cup measure	Pears	Specify size 150 (2-1/4 to 2-3/8)	1 pear = about 1/2 cup
Strawberries	Specify U.S. #1. Minimum diameter 3/4 inch. Sold in quarts and pints.	1/2 cup measure		Medium size fruit (size 120) Approximately 3 per pound.	1 pear = about 3/4 cup
Cantaloupe	Specify size 36. Medium size, 5-1/2 inches diameter, approx. 1-2/3 pounds per melon.	1/4 melon = about 1/2 cup	Plums	Specify size 4 x 5. About 8-10 plums per pound.	2 plums = about 1/2 cup
Grapes	Specify variety desired. With Seeds Seedless	12 grapes = about 1/2 cup 18 grapes = about 1/2 cup		Medium size fruit (size 4 x 4). 6-7 plums per pound.	2 plums = about 3/4 cup
Nectarines	Specify size 96. (2 to 2-1/8 inches diameter). Approximately 4 per pound.	1 nectarine = about 1/2 cup	Raisins	Specify bulk purchase or individual packages. 1-1/2 ounces each	Yield of Bulk: 2-2/3 ounces = about 1/2 cup Yield of Individual package: 1 package (1-1/2 ounces) = about 1/4 cup of fruit.
			Tangerine	Specify size 176. Fruit will average 2-3/8 inches in diameter. Four tangerines per pound.	1 tangerine = about 1/2 cup
			Watermelon	Specify average size. Melons will average about 27 pounds.	Yield of melon: 1/64 wedge = about 1/2 cup

Note: Where sizes are specified for fruits, they indicate numbers of fruit in box. The larger the number, the smaller the fruit. Try fruit that is larger than that specified may be used.



## General Information

### Keep Cold Foods Below 40 °F

Check refrigerators and freezers frequently with an appliance thermometer. The refrigerator should register 40 °F or lower. The freezer should read 0 °F or lower. Keep a daily log of temperature readings.

- **Refrigerating**—Since repeated handling can introduce bacteria into meat and poultry, prepackaged meat and poultry should remain in the original wrapping. When not pre-packaged, meat should be loosely wrapped.
- **Freezing**—While "freezer burn" will not cause illness, it does make certain food tough and tasteless. To avoid "freezer burn" wrap freezer items in heavy freezer paper. Place new items to the rear of the freezer, and older items to the front. Date freezer packages to keep stock properly rotated.
- **Thawing**—Thaw frozen meat, poultry, and fish in the refrigerator until pliable (easy to separate). Do not thaw foods at room temperature.

away after use. Keep cutting boards, can openers, grinders, slicers, and work surfaces very clean. Sanitize equipment and work surfaces between use with raw and cooked foods. Check local health department codes for a list of sanitizing agents. Bacteria can "loiter" in towels and cloths. Discard disposable towels after use. Launder fabric towels frequently with sanitizing agents.

### Keep Hot Foods Above 140 °F

Bacteria grow rapidly between 60 and 125 °F (including room temperature). Avoid holding foods in this temperature zone. If the serving of a hot food must be delayed, keep it at a holding temperature—between 140 and 165 °F. Although steamtables are designed to maintain holding temperatures, do not hold food on a steamtable for more than 2 hours.

- **Follow directions**—Follow the directions on food labels to ensure that proper cooking methods, time, and temperature are used. Also refer to recipes for specific cooking instructions.
- **Cook thoroughly**—Cook meat and poultry to the "doneness" temperature recommended by the label or recipe. To make sure that meat and poultry are cooked all the way through, use a meat thermometer.
- **Cook completely**—Cook meat and poultry completely at one time. Partial cooking may encourage bacteria to grow before cooking is completed.

Food handling, sanitation, and safety in school food service are regulated by State, county, and city health department codes. Become familiar with the regulations to prevent foodborne illness.

### Handle and Store Food Properly

Be aware of the condition in which perishable foods are delivered. Be sure frozen foods are frozen solid and refrigerated foods feel cold. Certain factors can shorten a food's useful life, such as too much handling or improper temperature control before delivery.

Date Incoming food items to help rotate stock properly. Placing oldest food out front will encourage the use of the foods on a "first-in, first-out" basis.

### Maintain Strict Cleanliness

- **Employee**—Practice good personal hygiene. Adequately restrain hair. Wash hands frequently and properly with soap and water. Use a separate sink for washing hands. Cough or sneeze into disposable tissues only and wash hands afterwards. Do not sneeze or cough on food. No one with an infected cut or a skin infection should be permitted to work with food.
- **Equipment and Facility**—Keep equipment and facilities clean and sanitized. Use utensils to pick up and handle food. If using hands, wear disposable plastic gloves and throw the gloves

# Cooking Terms and Abbreviations

## General Information

### Terms Used to Describe Oven Temperatures

	Between
Very slow oven	250 and 275 °F
Slow oven	300 and 325 °F
Moderate oven	350 and 375 °F
Hot oven	400 and 425 °F
Very hot oven	450 and 475 °F
Extremely hot oven	500 and 525 °F

Always preheat the oven to the temperature specified in the recipe.

**Note:** Calibrate ovens regularly and check them often with an oven thermometer to make sure preset temperatures are being reached.

### Abbreviations

tsp	teaspoon
Tbsp	tablespoon
oz	ounce
fl oz	fluid ounce
lb or #	pound
pt	pint
qt	quart
gal	gallon
wt	weight
No.	number
pkg	package
°F	degree Fahrenheit
°C	degree Celsius
x	multiply
÷	divide

### Glossary of Terms for Processes and Methods

<b>Bake</b>	to cook by dry heat, usually in an oven. A suitable cooking method for meat, bread, and many other foods.
<b>Barbecue</b>	to roast or broil a food which is usually brushed with a highly seasoned sauce.
<b>Baste</b>	to spoon liquids, sauce, or meat juice over food to keep it moist during cooking and to add flavor.
<b>Beat</b>	to vigorously mix by hand or with mixing equipment to make the mixture light, fluffy, or smooth.
<b>Blend</b>	to mix two or more ingredients.
<b>Boll</b>	to cook rapidly in water or liquid so that bubbles rise and break on the surface.
<b>Braise</b>	to cook slowly in a covered container with a small amount of liquid or water. A suitable cooking method for less tender meat cuts.
<b>Bread</b>	to coat food with bread crumbs, cracker crumbs, or flour before cooking.

<b>Broil</b>	to cook by direct heat from a flame, electric unit, or glowing coals; a suitable cooking method for tender meat cuts.
<b>Brown</b>	to cook food, generally meat, until it is uniformly brown on all sides.
<b>Chill</b>	to cool a food with ice water or refrigeration.
<b>Chop</b>	to cut food into small pieces with a knife or chopping equipment.
<b>Combine</b>	to mix two or more ingredients together.
<b>Cream</b>	to work foods (such as shortening and sugar) together with a spoon or mixer, until soft and fluffy or until thoroughly blended.
<b>Crumb</b>	to cover a food with bread (or cracker) crumbs or to break food, such as bread, into crumbs.
<b>Cut in</b>	to mix solid fat, such as butter or margarine, into dry ingredients with a cutting motion so that the fat remains in small particles.
<b>Dice</b>	to cut into small cubes with a knife or chopping equipment.



# General Information

<b>Dredge</b> .....to coat a food by dipping in crumbs, flour, cornmeal, sugar, or other coatings.	<b>Marinate</b> .....to soak a food, such as meat or vegetables, for a period of time in a sauce with herbs, spices, and condiments to enrich its flavor and/or to tenderize it.	<b>Roast</b> .....to cook by dry heat, uncovered, in an oven. A suitable cooking method for tender meat roasts.
<b>Fold</b> .....to combine several food ingredients into a mixture by gently turning the mixture, with a minimum of motions, until the ingredients are blended.	<b>Melt</b> .....to turn a solid food into a liquid by heating.	<b>Scald</b> .....to heat a liquid, such as milk, to a temperature just below the boiling point. Tiny bubbles will appear around the edge of the pan.
<b>Fry</b> .....to cook in fat over heat in a skillet, pan, or griddle, or in a fryer.	<b>Mince</b> .....to finely chop food, such as garlic, into very small pieces.	<b>Shred</b> .....to cut or grate foods into narrow strips.
<b>Glaze</b> .....to coat with a mixture to produce a glossy appearance on the food.	<b>Mix</b> .....to blend or combine two or more foods or ingredients.	<b>Simmer</b> .....to cook in liquid that is kept just below the boiling point.
<b>Grill</b> .....to cook uncovered over direct heat on a griddle or pan, removing fat as it accumulates.	<b>Parboil</b> .....to boil in water briefly as a preliminary cooking step. May be used with vegetables and meat.	<b>Slice</b> .....to cut a food with a knife or slicing equipment.
<b>Grind</b> .....to chop or pulverize food, such as meat, into small particles by using a food chopping device or meat grinder.	<b>Pare</b> .....to thinly trim off the outer covering or skin of a food, such as potatoes.	<b>Steam</b> .....to cook food in steam generated by boiling water or in steam equipment.
<b>Knead</b> .....to work with dough, such as bread dough, by pressing, folding, and stretching to develop the dough structure.	<b>Peel</b> .....to strip off the outer covering of a food, such as oranges.	<b>Stir</b> .....to mix ingredients with a circular motion without beating.
<b>Leaven</b> .....to cause food, such as bread, to rise and increase volume by adding a leavening agent, such as yeast or baking powder.	<b>Punch down</b> .....to remove air bubbles from risen yeast dough by pushing the dough down with the fists.	<b>Whip</b> .....to rapidly beat a food, such as eggs or cream, incorporating air to lighten the mixture and to increase its volume. Usually whipping is done with a whisk, fork, or mixing equipment.
	<b>Reconstitute</b> .....to bring back a concentrated food, such as a juice concentrate, to the original strength—or a dry food, such as nonfat dry milk, to the original state—by adding liquid.	
	<b>Rehydrate</b> .....to add fluids back into a dried food such as dehydrated onions.	



## B—Bread and Cereal Products

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# COOKING MACARONI, NOODLES, OR SPAGHETTI

Cereal Products B-1

Ingredients	50 servings	For ____ servings	Directions
Salt (optional).....	1 1/2 tablespoons.....	.....	1. Add salt and oil to boiling water. 2. Slowly stir in macaroni, noodles, or spaghetti allowing water to con- 3. Continue to cook, uncovered, at a fast boil until pasta is tender:  8 minutes for macaroni, 6 minutes for noodles, 10 minutes for spaghetti.  <u>-DO NOT OVERCOOK-</u>  4. Drain pasta quickly.
*Oil.....	2 teaspoons.....	.....	
Boiling water.....	1-1/2 gallons.....	.....	
Macaroni.....	1-1/4 quarts.....	.....	
or	or	.....	
Noodles.....	3 quarts.....	.....	
or	or	.....	
Spaghetti, broken.....	2 quarts.....	.....	

\* use is optional - may be added to prevent sticking

SERVING: 1/4 cup.  
COST PER SERVING \_\_\_\_\_

## COOKING MACARONI, NOODLES, OR SPAGHETTI

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Macaroni.....	1 pound 6 ounces.....	.....
Noodles.....	1 pound 11 ounces.....	.....
Spaghetti.....	1 pound 10 ounces.....	.....

# COOKING RICE

Cereal Products B

Ingredients	50 servings	For ____ servings	Directions
Rice (see note).....	3 3/4 cups.....	.....	<ol style="list-style-type: none"> <li>1. Add rice and salt to boiling water. Add oil to prevent foaming. Stir and cover pot.</li> <li>2. Cook on low heat about 15 minutes for white rice and 25 minutes for parboiled rice.</li> <li>3. Remove from heat and let stand covered 5 to 10 minutes.</li> </ol>
Salt (optional).....	1 teaspoon.....	.....	
Boiling water.....	5 1/2 cups.....	.....	
*Oil.....	2 teaspoons.....	.....	

SERVING: 1/4 cup.

COST PER SERVING \_\_\_\_\_

NOTE: Do not wash enriched rice.

## VARIATION

- COOKING RICE IN THE OVEN:** Omit oil. Place rice in a baking pan, about 12 by 10 by 2 inches. Add salt to boiling water and pour over rice; stir to distribute evenly in pan. Cover pan tightly. Bake at 350° F (moderate oven) 30 minutes for white rice and 45 minutes for parboiled rice. Remove from oven and let stand covered 5 minutes.

\* use is optional - may be added to prevent sticking



# Using Master Mix for Baked Products

## Bread and Cereal Products

Master Mix is a mixture of dry ingredients and shortening blended in advance for use in baked products without yeast, such as quick breads and pancakes.

Use Master Mix to save preparation time. Prepare mix according to the recipe on the back of this page in batches larger than are needed at one time. Store the mix and use later, as needed, in a variety of baked products.

In this publication, there are four recipe variations using Master Mix: Baking Powder Biscuits (B-4a), Banana Bread Squares (B-5a), Muffin Squares (B-12a) and Pancakes (B-13a). These are variations of base recipes for the same product. The amounts of flour, milk, baking powder, salt, and shortening in the Master Mix are approximately the same as in the base recipe.

To use Master Mix, weigh or measure the amount of mix specified in the recipe variation. Do not pack or sift. Measure mix lightly and level off with a spatula or the straight edge of a knife. Add remaining ingredients and bake according to recipe directions.

For convenience, the Master Mix recipe has been standardized in batches of 12 and 36 quarts. These batches can be prepared in a 20-quart and 60-quart mixer, respectively. The following chart gives an estimate of the number of servings from one batch of master mix.

Baked Product	Approximate Number of Servings from 12 Quarts of Master Mix	Approximate Number of Servings from 36 Quarts of Master Mix
Banana Bread Squares .....	.....300 .....	.....900 .....
Baking Powder Biscuits .....	.....200 .....	.....600 .....
Muffin Squares .....	.....300 .....	.....900 .....
Pancakes .....	.....266 .....	.....800 .....

When determining the amount (how many batches) of Master Mix to prepare, consider storage space available, equipment capacity, and the frequency with which the baked items are prepared.

Store the prepared Master Mix in a large, clean container with a tight-fitting lid. For best results, store Master Mix in refrigerator and use within 3 months.

# Using Master Mix for Baked Products (Continued)

## Bread and Cereal Products

Ingredients	12 Quarts		36 Quarts		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	10 lb 8 oz..	9½ qt .....	31 lb 8 oz..	28 qt .....	.....	1. Place flour, baking powder, salt, cream of tartar, and dry milk in mixer. Blend for 3 minutes on low speed.
Baking powder .....	9¾ oz .....	1½ cups .....	1 lb 13½ oz	1 qt ¾ cup...	.....	
Salt .....	2½ oz .....	¼ cup .....	7½ oz .....	¾ cup .....	.....	
Cream of tartar .....	.....	3 Tbsp .....	4½ oz .....	½ cup 1 Tbsp	.....	
Noninstant, nonfat dry milk .....	12 oz .....	2½ cups .....	2 lb 4 oz..	1 qt ¾ cups.	.....	
OR				OR		
Instant nonfat dry milk ...	12 oz .....	1¼ qt .....	2 lb 4 oz..	3¾ qt .....	.....	2. Add shortening to dry ingredients and mix for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly.
Shortening .....	2 lb 10 oz..	1 qt 2¼ cups.	7 lb 14 oz..	1 gal 3 cups..	.....	
						3. Use Master Mix in Banana Bread Squares recipe (see B-5a), Muffin Squares recipe (see B-12a), Baking Powder Biscuits recipe (see B-4a), and Pancakes recipe (see B-13a).

NOTE: A 20-qt mixer may be used to produce 12 qt of Master Mix.  
A 60-qt mixer may be used to produce 36 qt of Master Mix.

YIELD: 12 quarts: 14 lb 12 oz  
36 quarts: 44 lb 4 oz

## BISCUITS

Cereal Products B-4

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	1 quart.....	.....	1. Blend dry ingredients 4 minutes in mixer on low speed.
Nonfat dry milk.....	1/4 cup*.....	.....	
Baking powder.....	2 tablespoons.....	.....	
Salt (optional).....	1 teaspoon.....	.....	
Shortening.....	1 cup.....	.....	2. Cut in shortening until mixture is crumbly.
Water.....	About 1 cup.....	.....	3. Add enough water to make a soft dough.
			4. Turn out on a lightly floured board and knead gently about 1 minute.
			5. Roll out to 1/2-inch thickness. Cut with a floured 1-1/2-inch biscuit cutter and place on an ungreased baking sheet or place dough on an ungreased baking sheet and cut into 1-1/2-inch squares.
			6. Bake 12 to 15 minutes at 425° F (hot oven).

**SERVING:** 1 biscuit—provides a serving of bread (equal to 1/2 slice).

**COST PER SERVING** \_\_\_\_\_

\* Non-instant nonfat dry milk or use 1/2 cup instant nonfat dry milk.

## BISCUITS

### VARIATIONS

- \*a. **CHEESE BISCUITS:** Add 1 cup grated cheese to blended dry ingredients. Serving is same as for basic recipe.
- b. **CORNMEAL BISCUITS:** Use only 2-1/2 cups all-purpose flour and add 1 cup cornmeal. Serving is same as for basic recipe.
- c. **DROP BISCUITS:** Increase water to about 1-1/4 cups. Omit steps 4 and 5. Using a No. 40 scoop or about 1-1/2 tablespoons, portion dough onto ungreased baking sheets. Serving is same as for basic recipe.

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation a Cheese.....	4 ounces.....	.....

\* See Buying Guide.



# CORNBREAD

Cereal Products E

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	1 quart.....		1. Blend dry ingredients 4 minutes mixer on low speed.
Cornmeal.....	3 cups.....		
or	or		
Corn grits.....	2-1/2 cups.....		
Baking powder.....	1/4 cup.....		
Nonfat dry milk.....	1/2 cup*.....		
Sugar.....	1 cup.....		2. Beat eggs; add oil and water. 3. Pour egg mixture into dry ingredients. Mix just enough to moisten. 4. Pour batter into a greased baking pan, about 12 by 20 by 2 inches. 5. Bake at 425° F (hot oven) 20 minutes until browned.
Salt (optional).....	1 teaspoon.....		
Eggs.....	6 large.....		
Oil.....	1/2 cup.....		
Water.....	2-1/2 cups.....		

**SERVING:** 1 piece, about 2 by 2 inches—provides a serving of bread (equal to 1/2 slice).

**COST PER SERVING** \_\_\_\_\_

\* Non-instant nonfat dry milk or use 1 cup instant nonfat dry milk.



# ROLLS OR WHITE BREAD

Cereal Products B-7

Ingredients	50 servings	For ____ servings	Directions
Active dry yeast.....	2 packages (about 2 tablespoons).		NOTE: All ingredients and utensils must be at room temperature.  1. Dissolve yeast in warm water.
or Compressed yeast.....	2 cakes (about 3 table- spoons, packed).		
Warm water.....	2/3 cup.....		
All-purpose flour.....	1-1/4 quarts.....		2. Blend dry ingredients 4 minutes in a mixer on low speed. Add shortening. 3. Add water while mixing on low speed for 1 minute. Add yeast mixture while mixing on low speed for 4 minutes. Mix on medium speed for 10 minutes. 4. Set bowl of dough in a warm place (90° F) about 30 minutes until doubled in volume. 5. Punch down dough and form into rolls about 1 inch in diameter. Place on greased sheet pans. For loaves, divide dough in half and place each half in a greased bread pan, about 4 by 10 by 4 inches.
Nonfat dry milk.....	1/4 cup*		
Sugar.....	1/3 cup.....		
Salt (optional).....	1 teaspoon.....		
Shortening.....	1/3 cup.....		
Water.....	1 cup.....		

\* Non-instant nonfat dry milk or use 1/2 cup instant nonfat dry milk.

## ROLLS OR WHITE BREAD—Continued

Ingredients	50 servings	For ____ servings	Directions
			6. Brush tops lightly with oil or melted shortening. Let rise in a warm place (90° F) for 30 minutes. 7. Bake rolls at 375° F (moderate oven) 15 to 20 minutes and bread at 400° F (hot oven) 20 to 25 minutes until browned.

ERVING: 1 roll—provides a serving of bread (equal to 1/2 slice).

or  
1/2 slice, 3/4 inch thick—provides a serving of bread.

OST PER SERVING \_\_\_\_\_

### VARIATIONS

**RAISIN ROLLS OR BREAD:** Increase yeast to 4-1/2 packages (about 1/4 cup) active dry or 4 cakes (about 1/3 cup) compressed. Add 2 cups raisins during last 2 minutes of mixing (step 3). Bake rolls at 350° F (moderate oven) for 20 to 25 minutes and bread at 375° F (moderate oven) 30 to 35 minutes. Serving is same as for basic recipe.

**WHEAT ROLLS OR BREAD:** Decrease all-purpose flour to 2-1/2 cups and add 2-1/2 cups whole wheat flour. Bake 30 to 35 minutes at 400° F (hot oven). Serving is same as for basic recipe.

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	1-1/4 quarts.....	.....	1. Blend dry ingredients 4 minutes mixer on low speed.
Nonfat dry milk.....	1/2 cup*.....	.....	
Baking powder.....	3 tablespoons.....	.....	
Sugar.....	3/4 cup.....	.....	
Salt (optional).....	1 teaspoon.....	.....	
Eggs.....	3 large.....	.....	2. Beat eggs. Add oil and water. Add dry ingredients and stir only until dry ingredients are moistened and batter has lumpy appearance.
Oil.....	1/2 cup.....	.....	
Water.....	2-1/3 cups.....	.....	
			3. Fill small greased muffin cups by 1 inch) 3/4 full of batter, or larger cups (2-3/4 by 1-1/4 inch) 2/3 full.
			4. Bake at 400° F (hot oven) 20 minutes until browned.

SERVING: 1 small muffin or 1/2 large muffin—provides a serving of bread (equal to 1/2 slice).

COST PER SERVING \_\_\_\_\_

\* Non-instant nonfat dry milk or use 1 cup instant nonfat dry milk.

## MUFFINS

### VARIATIONS

- \*a. BLUEBERRY MUFFINS: Add 1-1/2 cups fresh or 2 cups drained, canned blueberries to eggs-oil-water mixture before stirring into dry ingredients. Serving is same as for basic recipe.
- b. CORNMEAL MUFFINS: Use only 2-1/2 cups all-purpose flour and add 2-1/2 cups cornmeal. Serving is same as for basic recipe.
- \*c. DATE MUFFINS: Mix 1-1/4 cups chopped, pitted dates into the blended dry ingredients. Serving is same as for basic recipe.
- d. RAISIN MUFFINS: Mix 1-1/2 cups raisins into the blended dry ingredients. Serving is same as for basic recipe.
- e. ROLLED WHEAT OR ROLLED OATS MUFFINS: Use only 2-1/2 cups all-purpose flour and add 2-1/2 cups rolled wheat or rolled oats with the dry ingredients. Mix in 1-1/2 cups raisins. Serving is same as for basic recipe.

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation a Canned blueberries.....	1 pound 10-1/2 ounces.....	.....
Variation c Dates, pitted.....	8 ounces.....	.....

\* See Buying Guide.

## Bread Alternate

## Bread and Cereal Products

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	2 lb .....	1 qt 3¼ cups.	4 lb .....	3 qt 2½ cups.	.....	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
Baking powder .....	.....	¼ cup .....	3¼ oz .....	½ cup .....	.....	
Salt .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
Noninstant, nonfat dry milk .....	2½ oz .....	½ cup .....	5 oz .....	1 cup .....	.....	
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	.....	2. Combine eggs, water, and oil. Add to dry ingredients.
Instant nonfat dry milk .....	2½ oz .....	1 cup .....	5 oz .....	2 cups .....	.....	
Sugar .....	2¼ oz .....	½ cup .....	4½ oz .....	¾ cup .....	.....	
Large eggs (see note) .....	14 oz .....	8 .....	1 lb 12½ oz .....	16 .....	.....	
Water .....	.....	1 qt 1¼ cups.	.....	2 qt 2½ cups.	.....	3. Blend for 2 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
Vegetable oil .....	.....	1 cup .....	.....	2 cups .....	.....	
						4. Portion batter with level No. 20 scoop (3¼ Tbsp) onto griddle, which has been heated to 375 °F. If desired, lightly oil griddle surface.
						5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on other side, approximately 1 minute.
						6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2½"): Conventional oven: 350 °F for 10-15 minutes Convection oven: 300 °F for 8-10 minutes

SERVING: 1 pancake provides 1 serving of bread alternate.

CACFP: 1/2 pancake provides 1/2 serving bread alternate.

YIELD: 50 servings: 50 4-inch pancakes  
100 servings: 100 4-inch pancakes



# Pancakes (Continued)

Bread and Cereal Products

## Nutrients Per Serving

Calories	129	Vitamin A	13 RE/42 IU	Iron	0.7 mg
Protein	3 g	Vitamin C	0.1 mg	Calcium	44 mg
Carbohydrate	16 g	Thiamin	0.12 mg	Phosphorus	71 mg
Fat	5 g	Riboflavin	0.11 mg	Potassium	55 mg
Cholesterol	45 mg	Niacin	0.98 mg	Sodium	191 mg

### a. Pancakes (Using Master Mix)

50 servings: Omit step 1. Use 2 lb 13 oz (2¼ qt) Master Mix and 2¼ oz (½ cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.

100 servings: Omit step 1. Use 5 lb 10 oz (4½ qt) Master Mix and 4½ oz (¾ cup) sugar. In step 2, omit oil. In step 3, blend for 3 minutes on medium speed. Continue with steps 4-6.



# Muffin Squares

## Bread

## Bread and Cereal Products

Ingredients	50 Servings		100 Servings		For — Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	1 lb 12 oz..	1 qt 2¼ cups.	3 lb 8 oz...	3 qt ½ cup...	.....	1. Blend flour, dry milk, baking powder, sugar, and salt for 5 minutes in mixer on low speed. Add raisins (optional).
Noninstant, nonfat dry milk .....	.....	¼ cup 2 Tbsp	3½ oz.....	¾ cup.....	.....	
OR	.....	OR	OR	OR	.....	
Instant nonfat dry milk .....	.....	¾ cup.....	3½ oz.....	1½ cups.....	.....	
Baking powder .....	.....	¼ cup.....	3 oz .....	½ cup less	.....	2. Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.
Sugar .....	7 oz .....	1 cup .....	14 oz .....	1 tsp .....	.....	
Salt .....	.....	2 tsp .....	.....	2 cups .....	.....	
†Raisins, plumped (optional) .....	8 oz .....	1½ cups.....	1 lb .....	1 Tbsp 1 tsp .	.....	
Large eggs (see note) ....	5¼ oz.....	3 .....	10½ oz .....	2½ cups.....	.....	3. Add oil slowly while mixing on low speed approximately 40 seconds. DO NOT OVERMIX. Batter will be lumpy.
Water .....	.....	2¾ cups.....	.....	6 .....	.....	
Vegetable oil .....	.....	¾ cup.....	.....	1 qt 1½ cups.	.....	
.....	.....	.....	.....	1½ cups.....	.....	
.....	.....	.....	.....	.....	.....	4. Pour 4 lb 7 oz (2½ qt) batter into each steamtable pan (12"x20"x2½"), which has been lightly oiled. For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
.....	.....	.....	.....	.....	.....	
.....	.....	.....	.....	.....	.....	5. Bake until lightly browned: Conventional oven: 425 °F for 25 minutes Convection oven: 350 °F for 15 minutes
.....	.....	.....	.....	.....	.....	
.....	.....	.....	.....	.....	.....	6. Cut each pan 5x10 (50 portions per pan).

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

# Muffin Squares (Continued)

## Bread and Cereal Products

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<b>For Muffin Pans:</b> Portion batter into oiled muffin pans with No. 24 scoop (2⅓ Tbsp). Fill no more than ⅔ full.  <b>Bake until lightly browned:</b> Conventional oven: 400 °F for 18-20 minutes Convection oven: 350 °F for 12-15 minutes  <b>To cool, remove muffins from pans immediately and place on cooling racks.</b>

**SERVING:** 1 piece provides 1 serving of bread.  
CACFP: 1/2 piece provides 1 serving bread (1/2 slice).

**YIELD:** 50 servings: 1 steamtable pan  
100 servings: 2 steamtable pans

### NOTE:

**50 servings:** Use 1½ oz (½ cup) dried whole eggs and ½ cup water in place of shell eggs.

**100 servings:** Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.

### b. Wheat Muffin Squares

**50 servings:** In step 1, use 1 lb 5 oz (1 qt ¾ cup) all-purpose flour and 7 oz (1½ cups 2 Tbsp) whole-wheat flour. Continue with steps 2-6.

**100 servings:** In step 1, use 2 lb 10 oz (2 qt 1½ cups) all-purpose flour and 14 oz (3¼ cups) whole-wheat flour. Continue with steps 2-6.

## Variations

### a. Muffin Squares (Using Master Mix)

**50 servings:** Omit step 1. Blend 2 lb 7½ oz (2 qt) Master Mix with 7 oz (1 cup) sugar. Continue with step 2. Omit step 3. Continue with steps 4-6.

**100 servings:** Omit step 1. Blend 4 lb 15 oz (4 qt) Master Mix with 14 oz (2 cups) sugar. Continue with step 2. Omit step 3. Continue with steps 4-6.

## Nutrients Per Serving

Calories _____	110	Vitamin A _____	5 RE/16 IU	Iron _____	0.5 mg
Protein _____	2 g	Vitamin C _____	0.1 mg	Calcium _____	34 mg
Carbohydrate _____	16 g	Thiamin _____	0.10 mg	Phosphorus _____	54 mg
Fat _____	4 g	Riboflavin _____	0.08 mg	Potassium _____	38 mg
Cholesterol _____	16 mg	Niacin _____	0.85 mg	Sodium _____	197 mg

# Banana Bread Squares

## Bread

### Bread and Cereal Products

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	1 lb 12 oz..	1 qt 2¼ cups .	3 lb 8 oz...	3 qt ½ cup...	.....	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt for 1 minute in mixer on low speed.
Sugar .....	1 lb 1 oz...	2½ cups .....	2 lb 2 oz...	1¼ qt .....	.....	
Noninstant, nonfat dry milk .....	.....	2 Tbsp .....	.....	¼ cup.....	.....	
OR				OR		
Instant nonfat dry milk ..	.....	¼ cup.....	.....	½ cup.....	.....	
Baking powder .....	.....	2 Tbsp .....	.....	¼ cup.....	.....	2. Combine eggs and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed.
Baking soda .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Large eggs (see note) ....	7 oz .....	4 .....	14 oz .....	8 .....	.....	
Water .....	.....	1¼ cups .....	.....	2½ cups .....	.....	
Shortening .....	6½ oz .....	1 cup .....	13 oz .....	2 cups .....	.....	3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Bananas, mashed .....	1 lb 10 oz..	3¼ cups .....	3 lb 4 oz...	1 qt 2½ cups.	.....	
Chopped walnuts (optional) .....	6½ oz .....	1½ cups .....	13 oz .....	3 cups .....	.....	4. Pour 5 lb 10 oz (2½ qt) batter into each steamtable pan (12"x20"x2½"), which has been lightly greased. For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
						5. Bake until browned: Conventional oven: 350 °F for 35-45 minutes Convection oven: 300 °F for 25-35 minutes



# Banana Bread Squares (Continued)

## Bread

### Bread and Cereal Products

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. Cool. Cut each pan 5x10 (50 places per pan).
						<b>For Loaf Pans:</b> Pour 1 lb 14 oz (3 cups) batter into each loaf pan (4"x10"x4"), which has been lightly greased. For 50 servings, use 3 loaf pans. For 100 servings, use 6 loaf pans.  <b>Bake until browned:</b> Conventional oven: 350 °F for 50-60 minutes Convection oven: 300 °F for 40-50 minutes  Remove from pans. Cool completely. Cut each loaf into 17 slices, about ½" thick.

**SERVING:** 1 piece provides 1 serving of bread.

CACFP: 1/2 piece provides 1 serving bread (1/2 slice).

**YIELD:** 50 servings: 1 steamtable pan  
100 servings: 2 steamtable pans

## NOTE:

50 servings: Use 2 oz (2/3 cup) dried whole eggs and 2/3 cup water in place of shell eggs.

100 servings: Use 4 oz (1 1/3 cups) dried whole eggs and 1 1/3 cups water in place of shell eggs.

## Variation

### a. Banana Bread Squares (Using Master Mix)

50 servings: Omit step 1. Blend 2 lb 7 1/2 oz (2 qt) Master Mix with 1 lb 1 oz (2 1/2 cups) sugar. In step 2, omit shortening. Continue with steps 3-6.

100 servings: Omit step 1. Blend 4 lb 15 oz (4 qt) Master Mix with 2 lb 2 oz (1 1/4 qt) sugar. In step 2, omit shortening. Continue with steps 3-6.

## Nutrients Per Serving

Calories	149	Vitamin A	7 RE/30 IU	Iron	0.6 mg
Protein	2 g	Vitamin C	1.1 mg	Calcium	19 mg
Carbohydrate	28 g	Thiamin	0.11 mg	Phosphorus	40 mg
Fat	4 g	Riboflavin	0.09 mg	Potassium	86 mg
Cholesterol	22 mg	Niacin	0.90 mg	Sodium	127 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Bananas .....	2 lb 8 oz ....	5 lb .....	.....



# Bread Stuffing

## Bread

## Bread and Cereal Products

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Bread cubes, soft .....	4 lb 11 oz..	3 1/4 gal .....	9 lb 6 oz...	6 3/4 gal .....	.....	1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, garlic powder, thyme (optional) and butter or margarine. Mix lightly until well blended.
* Fresh celery, chopped .....	1 lb .....	3 3/4 cups .....	2 lb .....	1 qt 3 1/2 cups.	.....	
Dehydrated onions .....	.....	1/2 cup .....	3 1/2 oz .....	1 cup .....	.....	
OR						
* Fresh onions, chopped ...	12 oz .....	2 cups .....	1 lb 8 oz...	1 qt .....	.....	
† Raisins, plumped						
(optional) .....	6 1/2 oz. ....	1 cup .....	13 oz .....	2 cups .....	.....	
Poultry seasoning .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Black pepper .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Garlic powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Flaked thyme (optional) ...	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Butter or margarine,						2. Add chicken stock to bread mixture. Mix gently to moisten.
melted .....	10 1/2 oz .....	1 1/2 cups .....	1 lb 5 oz...	2 3/4 cups .....	.....	
Chicken stock .....	.....	3 qt .....	.....	1 1/2 gal .....	.....	3. Spread 6 lb 7 oz (3 3/4 qt) of stuffing evenly into each steamtable pan (12"x20"x2 1/2"), which has been lightly greased. For 50 servings, use 2 steamtable pans. For 100 servings, use 4 steamtable pans.
						4. Bake until lightly browned: Conventional oven: 350 °F for 30-40 minutes Convection oven: 300 °F for 20-30 minutes
						5. Portion with No. 12 scoop (1/2 cup).
						6. If desired, serve with Chicken or Turkey Gravy (see G-3a).

SERVING: 1/3 cup (No. 12 scoop) provides 1 1/2 servings of bread.

CACFP: 1/3 cup (no. 12 scoop) provides 3 servings bread (1/2 slice/serving).

YIELD: 50 servings: 2 steamtable pans  
100 servings: 4 steamtable pans

\* See marketing guide

† To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

# Bread Stuffing (Continued)

Bread and Cereal Products

## Variation

### a. Cornbread Stuffing

50 servings: In step 1, use 2 lb 5½ oz (1 gal 2¾ qt) bread cubes and 2 lb 5½ oz (2 qt 2½ cups) crumbled cornbread. Omit raisins. Continue with steps 2-6.

100 servings: In step 1, use 4 lb 11 oz (3¼ gal) bread cubes and 4 lb 11 oz (1 gal 1¼ qt) crumbled cornbread. Omit raisins. Continue with steps 2-6.

## Nutrients Per Serving

Calories	179	Vitamin A	46 RE/203 IU	Iron	1.3 mg
Protein	4 g	Vitamin C	1.1 mg	Calcium	50 mg
Carbohydrate	26 g	Thiamin	0.18 mg	Phosphorus	55 mg
Fat	6 g	Riboflavin	0.12 mg	Potassium	125 mg
Cholesterol	14 mg	Niacin	1.50 mg	Sodium	630 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For — Serving Recipe
Celery .....	1 lb 3½ oz ..	2 lb 7 oz ....	.....
Mature onions .....	14 oz .....	1 lb 11½ oz .	.....

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# APPLE CRISP

Desserts C-

Ingredients	50 servings	For ____ servings	Directions
<b>FILLING:</b>			
*Apples, pared, sliced.....	1 gallon.....	.....	1. Place apples in a greased baking pan (about 12 by 20 by 2 inches).
Dark brown sugar, packed.....	1 1/2 cups.....	.....	2. Blend sugar and cinnamon. Mix in lemon juice and water; pour over apples.
Cinnamon.....	2 teaspoons.....	.....	
Lemon juice.....	1-1/3 table- spoons.....	.....	
Water.....	1/2 cup.....	.....	
<b>TOPPING:</b>			
Rolled wheat.....	1 cup.....	.....	3. For topping, combine wheat or oats with remaining ingredients and mix until crumbly
or	or	.....	4. Cover fruit with topping.
Rolled oats.....	1 cup.....	.....	5. Bake at 400° F (hot oven) 25 minutes until apples are tender.
Dark brown sugar, packed.....	1/2 cup.....	.....	
Salt.....	1/2 teaspoon.....	.....	
All-purpose flour.....	1-1/3 cups.....	.....	
*Margarine.....	1 cup.....	.....	

**SERVING:** 1 piece, about 2 by 2 inches—provides 2 tablespoons fruit.

**COST PER SERVING** \_\_\_\_\_

\* See Buying Guide

\*to reduce the amount of fat, use 3/4 cup margarine

## APPLE CRISP—Continued

### VARIATIONS

- \*a. **APRICOT OR PEACH CRISP:** Use 1-1/2 quarts drained apricot halves or peach slices, 1-1/3 table-  
spoons lemon juice and 1/2 cup apricot or peach liquid in place of apple filling in basic recipe. Serving  
is same as for basic recipe.
- \*b. **CRANBERRY-APPLE CRISP:** In place of apple filling in basic recipe, use cranberry-apple mixture.  
Boil 2-1/2 cups sugar and 1-1/2 cups water 5 minutes. Add 1 quart cranberries and boil 5 minutes  
longer until cranberries burst. Remove from heat and cool. Combine 2 quarts pared, sliced apples  
with cranberry mixture. Serving is same as for basic recipe.

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
<b>Basic recipe</b>		
Apples.....	5 pounds 2 ounces.....	.....
<b>Variation a</b>		
Canned apricot halves.....	6 pounds 12 ounces.....	.....
or	or	.....
Canned peach slices.....	5 pounds.....	.....
<b>Variation b</b>		
Cranberries.....	1 pound.....	.....
Apples.....	2 pounds 9 ounces.....	.....

\* See Buying Guide.

Ingredients	50 servings	For ____ servings	Directions
Eggs.....	13 large.....	.....	1. Beat together eggs, sugar, salt, vanilla.
Sugar.....	1-1/3 cups.....	.....	
Salt.....	1/2 teaspoon.....	.....	
Vanilla.....	1 tablespoon.....	.....	
Lowfat hot milk.....	2-1/4 quarts.....	.....	2. Pour milk into egg mixture and well.
Nutmeg (if desired).....	1 teaspoon.....	.....	
			3. Pour mixture into a baking pan about 12 by 20 by 2 inches, (or depth of no more than 1 inch other size pan). Sprinkle with nutmeg.
			4. Bake at 350° F (moderate oven) 25-30 minutes until custard is set.

SERVING: 1 piece, about 2 by 2 inches.

COST PER SERVING \_\_\_\_\_

#### VARIATION

\*a. BAKED RICE CUSTARD: Reduce milk to 2 quarts and add 3 cups cooked rice (card B-2) and 2 cups raisins. Serving is same as for basic recipe.

\* See Buying Guide

### BAKED CUSTARD—Continued

#### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation a Rice.....	1 cup (7 ounces).....	.....

# BREAD PUDDING

Desserts C-3

Ingredients	50 servings	For ____ servings	Directions
Eggs.....	7 large.....	.....	1. Beat together eggs, sugar, salt, and vanilla.
Sugar.....	1 cup.....	.....	
Salt.....	2 teaspoons.....	.....	
Vanilla.....	2 tablespoons.....	.....	
Margarine.....	2 tablespoons.....	.....	2. Add Margarine to milk. Pour milk into egg mixture.
Lowfat hot milk.....	2-1/2 quarts.....	.....	
Bread cubes.....	2-1/4 quarts.....	.....	3. Place bread cubes and raisins in a greased baking pan, about 12 by 20 by 2 inches (or to a depth of no more than 1 inch in other size pan). Pour custard mixture over bread and raisins.
Raisins.....	2 cups.....	.....	
			4. Bake at 325° F (slow oven) 25 to 30 minutes until set.

SERVING: 1 piece, about 2 by 2 inches.

COST PER SERVING \_\_\_\_\_

# VANILLA PUDDING

Desserts C-4

Ingredients	50 servings	For ____ servings	Directions
Sugar.....	1-1/2 cups.....	.....	1. Add sugar and salt to milk; heat to simmering point.
Salt.....	1/2 teaspoon.....	.....	
Lowfat hot milk.....	2-1/2 quarts.....	.....	
Eggs.....	4 large.....	.....	2. Beat eggs; add water. Beat in cornstarch.
Water.....	1 cup.....	.....	
Cornstarch.....	1-1/4 cups.....	.....	3. Add egg mixture slowly to milk mixture, stirring constantly with a french whip. Cook about 6 minutes, continuing to stir, until temperature of mixture has returned to simmering point.
Vanilla.....	2 tablespoons.....	.....	4. Remove pudding from heat and stir in vanilla. 5. Cool quickly, stirring often.

SERVING: About 1/4 cup.

COST PER SERVING \_\_\_\_\_

## VARIATIONS

- CHOCOLATE PUDDING:** Add 5 squares melted bitter chocolate while cooking. Serving is same as for basic recipe.
- COCONUT PUDDING:** Add 1-2/3 cups flaked coconut after cooking. Serving is same as for basic recipe.
- PEANUT BUTTER PUDDING:** Blend 1-1/2 cups peanut butter with sugar and salt and stir into milk. Reduce water to 1/2 cup and cornstarch to 3/4 cup. Serving is same as for basic recipe.
- TAPIOCA PUDDING:** Use 1 cup tapioca in place of cornstarch. Serving is same as for basic recipe.
- BUTTERSCOTCH:** Substitute brown sugar for white sugar. Serving is same as for basic recipe.

# OATMEAL COOKIES

Desserts

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	2 cups.....	.....	1. Blend dry ingredients 1 minute mixer on low speed. Mix in raisins.
Rolled oats, quick, uncooked.	3 cups.....	.....	
Baking powder.....	1 tablespoon.....	.....	
Cinnamon.....	2 teaspoons.....	.....	
Raisins.....	1-1/2 cups.....	.....	
Margarine.	3/4 cup.....	.....	2. Cream margarine and brown sugar until well blended.
Brown sugar, packed.....	1-1/2 cups.....	.....	3. Add eggs; beat to blend.
Eggs.....	2 large.....	.....	
Lowfat milk .....	1 cup.....	.....	4. Add dry ingredients and raisins alternately with milk.
			5. Using a No. 40 scoop or about 1-tablespoons dough, portion cookies onto greased baking sheets.
			6. Bake at 375° F (moderate oven) about 15 minutes. Remove cookies from pan while hot.

**SERVING:** 1 cookie, about 2 inches diameter.

**COST PER SERVING** \_\_\_\_\_

- a. **ROLLED WHEAT COOKIES:** Use 3 cups rolled wheat in place of rolled oats. Serving is same as basic recipe.



# PEANUT BUTTER-RAISIN COOKIES

Desserts C-6

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	2 cups.....	.....	1. Blend dry ingredients except sugar 4 minutes in mixer on low speed. Mix in raisins.
Baking powder.....	1 tablespoon.....	.....	
Nonfat dry milk.....	1/2 cup <sup>a</sup> .....	.....	
Cinnamon.....	1 teaspoon.....	.....	
Raisins, chopped.....	1 cup.....	.....	
Margarine .....	1/2 cup.....	.....	2. Cream margarine, sugar and peanut butter until well blended.
Sugar.....	1-1/4 cups.....	.....	
Peanut butter.....	1 cup.....	.....	3. Add eggs; beat to blend.
Eggs.....	2 large.....	.....	
Vanilla.....	1 teaspoon.....	.....	4. Add dry ingredients alternately with liquids to peanut butter mixture.
Water.....	1/2 cup.....	.....	
			5. Using a No. 40 scoop or about 1-1/2 tablespoons, portion dough onto ungreased baking sheets. Press each cookie flat with a fork.
			6. Bake at 375° F (moderate oven) 12 to 15 minutes until golden brown.

SERVING: 1 cookie, about 2-1/2 inches diameter.

COST PER SERVING \_\_\_\_\_

<sup>a</sup> Non-instant nonfat dry milk or use 1 cup instant nonfat dry milk.

## PEANUT BUTTER-RAISIN COOKIES—Continued

### VARIATION

- a. PEANUT BUTTER-RAISIN COOKIES (using rolled wheat); Reduce flour to 1 cup and add 1 cup rolled wheat. Serving is same as for basic recipe.

# ORANGE-SPICE CAKE

Desserts (

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	2-1/2 cups.....	.....	1. Blend dry ingredients except sugar 4 minutes in mixer on low speed.
Nonfat dry milk.....	3 tablespoons*.....	.....	
Baking powder.....	1-1/3 table- spoons.....	.....	
Baking soda.....	1 teaspoon.....	.....	
Salt.....	1 teaspoon.....	.....	
Ground cloves.....	1/2 teaspoon.....	.....	
Cinnamon.....	1 teaspoon.....	.....	2. Cream margarine and sugar 5 minutes on medium speed until mixture is light and fluffy. Add orange rind.
Margarine.....	1 cup.....	.....	
Sugar.....	1-1/2 cups.....	.....	
Grated orange rind	2 tablespoons	.....	3. Add eggs to creamed mixture; mix 1/2 minute on low speed. Beat 2 minutes on medium speed. 4. Add 1/3 of the dry ingredients. Mix on low speed until blended.
Eggs.....	3 large	.....	
Orange juice.....	1-1/4 cups.....	.....	5. Add 1/2 of the juice. Mix on low speed until blended. 6. Repeat steps 4 and 5. 7. Add remaining dry ingredients and mix until blended. Beat 1/2 minute.

\* Non-instant nonfat dry milk or use 1/3 cup instant nonfat dry milk.

## ORANGE-SPICE CAKE—Continued

Ingredients	50 servings	For ____ servings	Directions
			8. Pour batter into a greased sheet pan (about 13 by 18 by 1 inch). 9. Bake at 350°F (moderate oven), 30 minutes until done.

SERVING: 1 piece, about 2 by 2 inches.

COST PER SERVING \_\_\_\_\_

# VANILLA COOKIES

Desserts C-8

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	1 quart.....	.....	1. Blend dry ingredients except sugar 1 minute in mixer on low speed.
Baking powder.....	2 tablespoons.....	.....	
Salt.....	1 teaspoon.....	.....	
Margarine.....	1 cup.....	.....	2. Cream margarine and sugar until well blended.
Sugar.....	2 cups.....	.....	
Eggs.....	4 large.....	.....	3. Add eggs and vanilla to creamed mixture; beat to blend. 4. Add dry ingredients. Blend. 5. Using a No. 40 scoop or about 1-1/2 tablespoons, portion dough onto greased baking sheets. 6. Bake at 375° F (moderate oven) 12 to 15 minutes until light brown.
Vanilla.....	1 tablespoon.....	.....	

**SERVING:** 1 cookie, about 3 inches diameter.

**COST PER SERVING** \_\_\_\_\_

## VARIATIONS

- a. **CHOCOLATE CHIP COOKIES:** Add 2 cups chocolate chips with flour mixture. Serving is same as for basic recipe.
- b. **COCONUT COOKIES:** Add 2 cups shredded coconut with flour mixture. Serving is same as for basic recipe.
- c. **RAISIN COOKIES:** Add 2 cups chopped raisins with flour mixture. Serving is same as for basic recipe.

# VANILLA CREAM FROSTING

Desserts C-9

Ingredients	50 servings	For ____ servings	Directions
Margarine.....	1/4 cup.....	.....	1. Cream margarine and vanilla until light and fluffy.
Vanilla.....	2 teaspoons.....	.....	
Confectioner's sugar.....	3 cups.....	.....	2. Add sugar and milk alternately. Beat until light and fluffy. <b>YIELD OF FROSTING:</b> Frosting for a sheet cake (about 13 by 18 by 1 inch).
Lowfat milk.....	About 3 table- spoons.	.....	

**TOTAL COST** \_\_\_\_\_

## VARIATIONS

- a. **CHOCOLATE CREAM FROSTING:** Reduce vanilla to 1 teaspoon. Blend 1/2 cup cocoa with sugar and increase milk to about 1/4 cup.
- b. **LEMON CREAM FROSTING:** Use lemon juice in place of vanilla and milk, plus 1 teaspoon grated rind.
- c. **ORANGE CREAM FROSTING:** Use orange juice in place of vanilla and milk. Add 1 tablespoon grated rind.
- d. **PEANUT BUTTER CREAM FROSTING:** Use 1/4 cup peanut butter in place of margarine, Reduce vanilla to 1/2 teaspoon; increase milk to about 1/3 cup.



# YELLOW CAKE

Desserts

Ingredients	50 servings	For ____ servings	Directions
All-purpose flour.....	2-1/2 cups.....		1. Blend dry ingredients 4 minute mixer on low speed.
Nonfat dry milk.....	3 tablespoons <sup>a</sup> .....		
Baking powder.....	1-1/3 table- spoons.....		
Salt.....	1 teaspoon.....		
Margarine.....	1 cup.....		2. Cream margarine, sugar, and vanilla minutes on medium speed until mixture is light and fluffy.
Sugar.....	1-1/2 cups.....		
Vanilla.....	1 teaspoon.....		
Eggs.....	3 large.....		3. Add eggs to creamed mixture; mix on low speed 1/2 minute until mixed. Beat 5 minutes on medium speed.
Water.....	1 cup.....		4. Add 1/3 of the dry ingredients. Mix on low speed until blended. 5. Add 1/2 of the water. Mix on low speed until blended. 6. Repeat steps 4 and 5. 7. Add remaining dry ingredients and mix until blended. Beat 1/2 minute on medium speed. 8. Pour batter into a greased sheet pan (about 13 by 18 by 1 inch). Bake at 350° F (moderate oven) 30 minutes until done.

<sup>a</sup> Non-instant nonfat dry milk or use 1/3 cup instant nonfat dry milk.

## YELLOW CAKE—Continued

Ingredients	50 servings	For ____ servings	Directions
			9. When cake is cool, cut in squares and either frost or serve with fruit.

SERVING: 1 piece, about 2 by 2 inches.

COST PER SERVING \_\_\_\_\_

### VARIATIONS

- APPLESAUCE CAKE:** Omit vanilla. Add 1/2 teaspoon ground cloves and 1 teaspoon cinnamon to dry ingredients. Reduce water to 1/2 cup and mix with 1 cup applesauce. Mix 1 cup raisins with 2 tablespoons flour. Add to batter. Serving is same as for basic recipe.
- PEACH OR PINEAPPLE UPSIDE-DOWN CAKE:** Melt 1/2 cup margarine in a baking pan (about 13 by 18 by 1 inch). Add 1-1/2 cups, packed, brown sugar. Spread 3-1/4 cups drained, chopped peaches or drained pineapple tidbits over the sugar mixture. Cover with cake batter. Bake at 350° F (moderate oven) 35 minutes until done. Invert each piece as served. Serving is same as for basic recipe.

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Variation b		
Canned sliced peaches.....	2 pounds 11 ounces.....	
Canned pineapple tidbits.....	2 pounds 1-1/2 ounces.....	

<sup>a</sup> See Buying Guide.



# Rice Pudding

## Desserts

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Reconstituted nonfat dry milk .....	.....	3 qt .....	.....	1½ gal .....	.....	1. Combine milk, cornstarch, sugar, salt, eggs, nutmeg (optional), and cinnamon. Stir until smooth.  2. Cook over medium heat, stirring frequently, for 20-30 minutes until mixture begins to thicken and just boils. 3. Immediately turn off heat. Stir in vanilla, rice, and raisins (optional). 4. Pour rice mixture into serving pans. Cover with plastic wrap to prevent the formation of surface film. Chill if desired. 5. Portion with No. 12 scoop (½ cup). If desired, sprinkle with ground cinnamon.
Cornstarch .....	4½ oz .....	1 cup .....	8¾ oz .....	2 cups .....	.....	
Sugar .....	10½ oz .....	1½ cups .....	1 lb 5 oz .....	3 cups .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Large eggs, beaten .....	14 oz .....	8 .....	1 lb 12½ oz .....	16 .....	.....	
Ground nutmeg (optional) .....	.....	½ tsp .....	.....	1 tsp .....	.....	.....
Ground cinnamon .....	.....	½ tsp .....	.....	1 tsp .....	.....	
.....	.....	.....	.....	.....	.....	
Vanilla .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Cooked white rice .....	2 lb 1 oz .....	1½ qt .....	4 lb 2 oz .....	3 qt .....	.....	
Raisins (optional) .....	10 oz .....	2 cups .....	1 lb 4 oz .....	1 qt .....	.....	
.....	.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....	
.....	.....	.....	.....	.....	.....	
.....	.....	.....	.....	.....	.....	
.....	.....	.....	.....	.....	.....	

SERVING: ⅓ cup (No. 12 scoop).

YIELD: 50 servings: about 1 gallon 2 cups  
100 servings: about 2¼ gallons

\*See marketing guide below.

## Nutrients Per Serving

Calories	66	Vitamin A	13 RE/42 IU	Iron	0.5 mg
Protein	1 g	Vitamin C	Tr	Calcium	10 mg
Carbohydrate	13 g	Thiamin	0.03 mg	Phosphorus	22 mg
Fat	1 g	Riboflavin	0.03 mg	Potassium	20 mg
Cholesterol	44 mg	Niacin	0.19 mg	Sodium	60 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
White rice .....	11 oz .....	1 lb 6 oz .....	.....

# Brownies

## Desserts

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Shortening .....	9 oz .....	1½ cups .....	1 lb 2 oz...	2¾ cups .....	.....	1. Cream shortening, sugar, salt, and vanilla for 2 minutes in mixer on medium speed.
Sugar .....	1 lb 10 oz..	3¾ cups .....	3 lb 4 oz..	1 qt 3½ cups.	.....	
Salt .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
Vanilla .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
Large eggs (see note) ....	12½ oz....	7 .....	1 lb 9 oz...	14 .....	.....	2. Add eggs and beat for 3 minutes on medium speed.
All-purpose flour .....	15 oz .....	3½ cups .....	1 lb 14 oz..	1 qt 2¾ cups.	.....	3. Add flour, cocoa, and baking powder. Mix for 30 seconds on low speed, then mix for 1 minute on medium speed. Batter will be very thick.
Cocoa .....	6 oz .....	2 cups .....	12 oz .....	1 qt .....	.....	
Baking powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	4. For 50 servings, spread 4 lb 3 oz (2 qt) batter in 1 half-sheet pan (18"x13"x1"), which has been lightly greased. For 100 servings, spread 8 lb 6 oz (1 gal) batter in 1 sheet pan (18"x26"x1"), which has been lightly greased.
Chopped walnuts (optional) .....	4¼ oz .....	1 cup .....	8½ oz .....	2 cups .....	.....	
						5. Sprinkle nuts (optional) over batter.
						6. Bake: Conventional oven: 350 °F for 20-30 minutes Convection oven: 300 °F for 18-25 minutes DO NOT OVERBAKE.
						7. Cool. If desired, lightly dust with powdered sugar.
						8. For 50 servings, cut half-sheet pan 5x10 (50 pieces per pan). For 100 servings, cut sheet pan 10x10 (100 pieces per pan).

SERVING: 1 piece.

YIELD: 50 servings: 1 half-sheet pan  
100 servings: 1 sheet pan

**NOTE:**

50 servings: Use 3½ oz (1 cup 2 Tbsp) dried whole eggs and 1 cup 2 Tbsp water in place of shell eggs.

100 servings: Use 7 oz (2½ cups) dried whole eggs and 2½ cups water in place of shell eggs.

**Nutrients Per Serving**

Calories	153	Vitamin A	11 RE/38 IU	Iron	0.8 mg
Protein	2 g	Vitamin C	0 mg	Calcium	14 mg
Carbohydrate	23 g	Thiamin	0.06 mg	Phosphorus	49 mg
Fat	7 g	Riboflavin	0.06 mg	Potassium	70 mg
Cholesterol	39 mg	Niacin	0.54 mg	Sodium	105 mg





## D--Main Dishes

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# Cooking Dry Beans, Peas, and Lentils

## Main Dishes D-1

Dry beans and peas may be served as a vegetable or used in a main dish. One pound of dry beans yields 5 $\frac{1}{8}$  to 7 cups cooked beans. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

To prepare beans for cooking, wash beans in cold water, if needed. Sort beans or peas and remove dirt and foreign matter. Directions for soaking and cooking dry beans and peas are given below.

### Soaking

#### DRY BEANS

**Overnight Method:** Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period. Longer periods for soaking beans are not recommended.

**Quick-Soak Method:** Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

#### SPLIT PEAS

Dry split peas may be cooked without presoaking

OR

Add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak for  $\frac{1}{2}$  hour.

#### LENTILS

Lentils may be cooked without soaking.

### Cooking

1. Once the beans have been soaked, add  $\frac{1}{2}$  teaspoon salt for every pound of dry beans and peas. Boil gently with lid tilted until tender. Use the cooking time in the table as a guide. Add additional boiling water if beans become dry. Cook split peas in small batches to retain their shape and to avoid mashing.
2. Drain, if desired. Serve or use in recipes.

**NOTE:** Cooked beans may be stored in covered steamtable pans and refrigerated. Use within 2 days.

### Cooking Dry Beans, Peas, and Lentils

Kind of Bean	Approximate Volume of 1 Pound of Beans (Cups)	Approximate Amount of Boiling Water for Each Pound of Beans (Quarts)	Approximate Cooking Time (Hours)
Blackeye peas	2 $\frac{3}{4}$	1 $\frac{3}{4}$	$\frac{1}{2}$
Garbanzos (chickpeas)	2 $\frac{1}{2}$	1 $\frac{1}{8}$	1 $\frac{3}{4}$
Great Northern	2 $\frac{1}{2}$	1 $\frac{3}{4}$	1 to 1 $\frac{1}{2}$
Kidney beans	2 $\frac{1}{2}$	1 $\frac{3}{4}$	2
Lentils	2 $\frac{3}{8}$	1 $\frac{3}{4}$	$\frac{1}{2}$
Lima beans, large	2 $\frac{3}{8}$	1 $\frac{3}{4}$	1
Lima beans, small	2 $\frac{3}{8}$	1 $\frac{3}{4}$	1
Pea beans (Navy)	2 $\frac{1}{4}$	1 $\frac{3}{4}$	1 $\frac{1}{2}$ to 2
Peas, split	2 $\frac{1}{4}$	1 $\frac{1}{4}$	$\frac{1}{3}$
Peas, whole	2 $\frac{1}{3}$	1 $\frac{1}{2}$	1
Pinto beans	2 $\frac{3}{8}$	1 $\frac{3}{4}$	2
Soybeans	2 $\frac{1}{2}$	2 $\frac{1}{4}$	2 to 3

---

**DIRECTIONS FOR USING FRESH (SHELL) EGGS (see card A-11)****Cooked in Water**

1. Place eggs in shell in a wire basket. Lower basket carefully into gently boiling water. Simmer just below boiling point for 20 minutes.
2. Remove pot from heat and cool eggs quickly under cold running water. Crack shells by rolling or stirring lightly. Peel from large end of egg.
3. Chop or cut in halves and use immediately in hot main dishes or chill in refrigerator for use in salads or sandwiches.

**Cooked in Oven**

1. Break 25 eggs, one at a time, into greased baking pans (about 12 by 20 by 2 inches). Add 1/2 cup water to each pan.
  2. Set each pan of eggs in a pan of hot water. Cover and bake at 350° F (moderate oven) about 30 minutes until eggs are firm.
  3. Chop into 1/2-inch squares and use immediately in hot main dishes or chill in refrigerator for use in salads or sandwiches.
-



# BRAISING OR POT ROASTING MEATS

Main Dishes D-3

Less tender cuts of meat may be braised or pot roasted. Meat is cooked slowly with a small amount of liquid in a covered pan.

Suggested meat cuts for this method of cooking are given in the table on back of card.

For amount to buy for 50 1-1/2-ounce servings of cooked lean meat, see second column in table.

## DIRECTIONS FOR COOKING

1. Mix 1/4 teaspoon salt and 3 tablespoons flour per pound of meat and sprinkle on or rub into the meat, if desired, to increase browning.
2. Brown meat with oil as needed in a heavy pot or a Dutch oven.
3. Add small amount of water; add more water if needed during cooking.
4. Cover pan; simmer (do not boil) on top of range or bake at 325° F (slow oven).
5. Cook until meat is tender. Use timetable below as a guide to cooking time.
6. Remove meat from pan. Cool 10 to 20 minutes, slice, and serve. Drain off fat and make gravy from remaining drippings.

## BRAISING OR POT ROASTING MEATS—Continued

### AMOUNT TO BUY AND TIMETABLE

Kind and cut of meat	Amount to buy		Thickness or weight of piece	Cooking time
	<i>Pounds - Ounces</i>			<i>Hours</i>
<b>Beef</b>				
Chuck, rolled.....	6	4	5 to 15 pounds.....	3 to 5
Chuck roast with bone.....	8	10	3 to 5 pounds.....	3 to 4
			5 to 15 pounds.....	3 to 5
Round steak, boneless.....	6	8	3/4- to 1-inch.....	1 to 1-1/2
Stewmeat.....	7	4	1-1/2-inch cubes.....	1-1/2 to 2-1/2
<b>Lamb</b>				
Shoulder, rolled.....	6	7	3 to 5 pounds.....	2 to 2-1/2
Stewmeat.....	7	4	1-1/2-inch cubes.....	1-1/2 to 2
<b>Pork</b>				
Chops with bone.....	8	12	3/4-inch.....	3/4 to 1
<b>Veal</b>				
Shoulder, rolled.....	7	2	3 to 5 pounds.....	2 to 2-1/2
Stewmeat.....	7	4	1-inch cubes.....	3/4 to 1

# COOKING MEATS IN LIQUID

Main Dishes I

Some less tender and highly flavored cuts of meat are commonly cooked (simmered) with enough water to cover.

Meats suggested for this method of cooking given in the table below.

For amount to buy for 50 1-1/2-ounce servings cooked lean meat, see second column in table.

## DIRECTIONS FOR COOKING

1. Place meat in a pot. Cover with water. Add 1/2 teaspoon salt (optional) per 2 pounds meat and other seasonings as desired.
2. Cover pan and simmer (do not boil) until tender. Use the timetable below as a guide to cooking time.

## AMOUNT TO BUY AND TIMETABLE

Kind and cut of meat	Amount to buy		Thickness or weight of piece	Cooking time
	<i>Pounds - Ounces</i>			<i>Hours</i>
<b>Beef</b>				
Brisket, fresh, boneless.....	7		8 pounds.....	4 to 5
Stewmeat, boneless.....	7	4	1-1/2-inch cubes.....	2-1/2 to 3-1/2
Tongue.....	8	7	3 to 4 pounds.....	3 to 3-1/2
<b>Lamb</b>				
Stewmeat, boneless.....	7	4	1-1/2-inch cubes..	1-1/2 to 2
<b>Pork, cured</b>				
Ham, with bone, cook-before-eating.	7		5 to 8 pounds.....	2 to 2-2/3
<b>Veal</b>				
Stewmeat, boneless.....	7	4	1-inch cubes.....	2 to 3

Tender cuts of meat may be roasted. Meat is roasted in an open pan without added liquid. Suggested meat cuts for this method of cooking are given in the table below.

For amount to buy for 50 1-1/2-ounce servings of cooked lean meat, see second column in table.

## DIRECTIONS FOR COOKING

1. Place meat in roasting pan, fat side up. Allow space in pan between roasts. *Do not cover pan or add water.*

Insert thermometer into the center of the thickest part of the meat, away from bone, fat, or gristle.

2. Roast at 325° F (slow oven) until meat is tender

and thermometer registers the temperature given in timetable below.

Use the timetable as a guide to cooking time.

3. Remove meat from pan. Cool 10 to 20 minutes. slice, and serve. Drain off fat and make gravy from remaining drippings.

## AMOUNT TO BUY AND TIMETABLE

Kind and cut of meat <sup>1</sup>	Amount to buy		Weight of piece	Internal temperature <sup>1</sup> of cooked meat	Cooking time
	Pounds - Ounces		Pounds		Hours
Beef					
Rump, rolled.....	6	7	4 to 5.....	160° to 170° F.....	2 to 2-1/2
Lamb					
Leg, rolled.....	6	12	5 to 8.....	175° to 180° F.....	3 to 4
Shoulder, rolled.....	6	7	3 to 5.....	175° to 180° F.....	2-1/4 to 3-1/3

## ROASTING MEATS—Continued

## AMOUNT TO BUY AND TIMETABLE—Continued

Kind and cut of meat <sup>1</sup>	Amount to buy		Weight of piece	Internal temperature <sup>1</sup> of cooked meat	Cooking time
	Pounds - Ounces		Pounds		Hours
Pork, fresh					
Ham.....	8	10	5 to 8.....	170° F.....	3-1/3 to 4-2/3
Loin.....	9	7	3 to 5.....	170° F.....	2 to 3-1/3
Pork, cured (mild)					
Ham, cook-before-eating...	7		5 to 7..... 10 to 14.....	160° F..... 160° F.....	2 to 2-1/2 3-1/2 to 4-1/4
Ham, fully cooked.....	7		5 to 7..... 12 to 16.....	140° F..... 140° F.....	2 3-1/2 to 4
Canned ham.....	5	2	6 to 10.....	130° F.....	1-1/2 to 2-1/2
Veal					
Leg, rolled.....	6	13	4 to 6.....	170° F.....	2 to 3
Shoulder, rolled.....	7	4	3 to 5.....	170° F.....	2-1/4 to 3-1/2

<sup>1</sup> All cuts of meat not designated "rolled" or "boneless" contain bone.

<sup>2</sup> Internal temperature: the thermometer should register 170° to 185° F for well done; 160° F for medium done; 130° F for heated only.

## DIRECTIONS FOR COOKING

1. Clean and rinse chicken or turkey, inside and out, in cold running water (see card D-8).
2. Put in large kettle or stockpot. Add enough water to half cover chicken or turkey. Season as desired. Cover and simmer until tender.

Use the timetable as a guide to cooking time.

*Do not cook partially on one day and finish the next.*

## AMOUNT TO BUY AND TIMETABLE

Form of chicken or turkey	Amount to buy for 50 1-1/2-ounce servings	Weight	Stewing time
	<i>Pounds - Ounces</i>	<i>Pounds</i>	<i>Hours</i>
Chicken, whole, ready-to-cook.....	13	2-1/2 to 4 4 to 8	1 to 1-1/2 2 to 4
Turkey, whole, ready-to-cook.....	10            9	18 to 20	3 to 3-1/2

## DIRECTIONS FOR COOLING COOKED CHICKEN OR TURKEY

1. Remove chicken or turkey from broth and place on sheet pans.
2. Place container of broth in cold, running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator (35° to 40° F).

3. When poultry is cool enough to handle, remove meat from bones. Spread pieces of meat in a layer to cool. As soon as cool, wrap meat loose in waxed paper or foil. Store in refrigerator (35° to 40° F).

**CAUTION:** *Use broth and poultry meat within days after cooking.*



# STORING, THAWING, AND COOKING FISH

Main Dishes D-7

Fish must be properly handled during storage, thawing, preparation, cooking, and serving to avoid spoilage or serious food poisoning.

For amount to buy for 50 1-1/2-ounce servings of cooked fish, see second column in table.

## DIRECTIONS FOR STORING

- Canned fish should be stored in a cool, dry place.
- Fresh fish should be delivered packed in crushed ice. Fresh fish should be stored in the refrigerator at 35° to 40° F until removed for cooking.
- Do not hold fresh fish longer than 1 day before cooking.
- Frozen fish should be delivered hard frozen. Frozen fish should be stored in the freezer at 0° F or below until it is removed for thawing and cooking.

## DIRECTIONS FOR THAWING

1. Schedule thawing so that the fish will be cooked soon after it is thawed. *Do not hold thawed fish longer than 1 day before cooking.*
2. Remove from the freezer only the amount of fish needed for 1 day's use.
3. Remove the fish from the cartons and place the individual packages or cans on trays in the refrigerator at 35° to 40° F to thaw. Allow 24 to 36 hours for thawing the 1-pound packages or cans and 48 to 72 hours for thawing the 5-pound solid packed packages or the gallon cans.
4. If quicker thawing is necessary, remove the fish from the cartons and thaw the individual packages in cold water. Change water often to hasten thawing. Allow 1 to 2 hours for thawing the 1-pound packages or cans and 2 to 3 hours for thawing the 5-pound packages. Allow 6 to 8 hours for thawing gallon cans.
5. Do not thaw at room temperature or in warm water.
6. Do not refreeze.
7. Fish portions and fish sticks should not be thawed before cooking. Remove from the freezer only the amount of portions or sticks needed for 1 day's use.
8. Frozen fillets and steaks may be cooked without thawing if additional cooking time is allowed. Fillets or steaks to be breaded or stuffed should be thawed.

# STORING, THAWING, AND COOKING FISH—Continued

## DIRECTIONS FOR COOKING

1. Cook only until fish flake easily when tested with a fork. *Do not over-cook.*

Use temperature and cooking time on the recipes or the timetable below as a guide for cooking fish.

2. Serve soon after it is cooked.

## AMOUNT TO BUY AND TIMETABLE

Forms of fish	Amount to buy	BAKING		OVEN-FRYING	
		Oven temperature	Cooking time	Oven temperature	Cooking time
	<i>Pounds</i>		<i>Minutes</i>		<i>Minutes</i>
Fillets.....	7.35	350° F	30-40	500° F	15-20
Steaks.....	8.10	350° F	30-40	500° F	15-20
Portions (3 oz each)					
Raw breaded (75% fish).....	9.40 <sup>1</sup>	350° F	30-40	500° F	15-20
Fried breaded (65% fish).....	9.40 <sup>1</sup>	400° F	15-20	-----	-----
Unbreaded.....	9.40 <sup>1</sup>	350° F	30-40	500° F	15-20
Sticks (1 oz each)					
Raw breaded (72% fish).....	9.40 <sup>2</sup>	350° F	30-40	500° F	15-20
Fried breaded (60% fish).....	9.40 <sup>2</sup>	400° F	15-20	-----	-----

<sup>1</sup> 2 ounces cooked fish.

<sup>2</sup> 3 sticks for each serving.

## THAWING FROZEN MEAT AND READY-TO-COOK POULTRY

Main Dishes D

Meat and poultry must be properly handled during thawing, preparation, cooking, cooling, and serving to avoid spoilage or serious food poisoning.

*Frozen meat and poultry must be kept frozen at 0° F or below until it is removed from storage for thawing and cooking.*

### DIRECTIONS FOR THAWING

1. Remove from freezer storage only the amount of meat or poultry needed for 1 day's use.

*Do not thaw at room temperature or in warm water.*

2. Remove from carton and thaw in original wrapper in refrigerator (35° to 40° F). If not individually wrapped, cover loosely or wrap. Place blocks or packages of meat or poultry on trays for easy handling and space on shelves so that air can circulate around them.

3. Thaw meat cuts or poultry overnight (16 to 24 hours), except for turkeys weighing 18 pounds or over, allow 2 to 3 days.

4. Do not refreeze thawed meat or poultry. As soon as poultry is pliable enough to remove giblets from cavity, clean carefully as directed on back of card.

### CLEANING READY-TO-COOK POULTRY

1. Remove neck and giblets, which are usually packed in neck and body cavities.

2. Rinse neck and giblets in cold running water. Drain.

3. If necessary, clean poultry, removing any parts of lung, windpipe, or pinfeathers that may be present.

4. Rinse poultry, inside and out, in cold running water. Drain.

5. Cook poultry and giblets promptly (see note). Or cover loosely with waxed paper and refrigerate at 35° to 40° F.

6. Table surfaces and equipment used to prepare poultry should be thoroughly and completely cleaned and sanitized before being used to handle cooked foods.

*Do not hold thawed poultry for longer than 24 hours before cooking.*

**NOTE:** The giblets may be simmered with neck and wing tips for making broth or gravy stock. The cooked meat from these parts may be cut up and added to gravy or stuffing.

# BAKED SCRAMBLED EGGS

Main Dishes D-9

Ingredients	50 servings	For ____ servings	Directions
Eggs.....	25 large.....		1. Beat eggs slightly.
Salt.....	1-1/2 teaspoons.....		2. Add salt and milk. Mix.
Lowfat hot milk.....	2 cups.....		
Margarine.....	1/4 cup.....		3. Melt margarine in a baking pan, 12x20x2. Add egg mixture.
			4. Bake at 350° F (moderate oven) 12 minutes; stir mixture twice after eggs have started to "set."

SERVING: About 2 tablespoons.

COST PER SERVING \_\_\_\_\_

# BEEF OR LAMB STEW

Main Dishes

Ingredients	50 servings	For ____ servings	Directions
Boneless stew meat, beef or lamb, cubed.	7 pounds 4 ounces.	-----	1. Brown meat and garlic.
Garlic, minced.....	1 clove.....	-----	2. Add water and salt and simmer covered, 1 hour until meat is almost tender.
Water.....	3-1/2 quarts.....	-----	
Salt (optional).....	1 tablespoon .....	-----	
*Onions, cut up.....	1 cup.....	-----	3. Add onions and potatoes. Return to simmer and cook 5 minutes.
*Potatoes, diced.....	1-1/2 quarts.....	-----	4. Add celery and carrots. Return to simmer and cook 15 minutes longer until all vegetables are done.
*Celery, 1/2-inch pieces.....	1 quart.....	-----	
*Carrots, diced.....	1-1/2 quarts.....	-----	
All-purpose flour.....	2 cups.....	-----	5. Mix flour and pepper and gradually stir in water. Add to meat mixture and cook, stirring constantly, until thickened.
Pepper.....	1/2 teaspoon.....	-----	
Water.....	3 cups.....	-----	

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked lean meat and 1/4 cup vegetable.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## BEEF OR LAMB STEW—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions.....	5-1/2 ounces.....	-----
Potatoes.....	2 pounds 7 ounces.....	-----
Celery.....	1 pound 7 ounces.....	-----
Carrots, without tops.....	2 pounds 6 ounces.....	-----



# BEEF PATTIES

Main Dishes D-11

Ingredients	50 servings	For ____ servings	Directions
Dry bread crumbs.....	2 cups.....	.....	1. Combine all ingredients except meat in mixer.
Water.....	2-1/2 cups.....	.....	
Eggs.....	2 large.....	.....	
*Onions, chopped.....	1 cup.....	.....	
Worcestershire sauce.....	3 tablespoons.....	.....	
Salt.....	1 tablespoon .....	.....	
Lean ground beef.....	6 pounds 6 ounces	.....	2. Add meat. Beat 1 minute on medium speed. Portion with No. 16 scoop (1/4 cup) onto sheet pans. Flatten each portion gently into a patty.
			3. Cover pans and bake 30 minutes at 400° F (hot oven). Uncover and continue baking 15 minutes until brown.
			4. Can also be grilled.

SERVING: 1 patty—provides the equivalent of 1-1/2 ounces cooked lean meat.

COST PER SERVING \_\_\_\_\_

## VARIATIONS

- a. LAMB PATTIES: Use 7 pounds ground lamb in place of ground beef. Serving is same as for basic recipe.
  - b. PORK PATTIES: Use 7 pounds ground pork in place of ground beef. Serving is same as for basic recipe.
  - c. VEAL PATTIES: Use 6 pounds 12 ounces ground veal in place of ground beef. Serving is same as for basic recipe.
- \* See Buying Guide

## BEEF PATTIES—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions.....	7 ounces.....	.....

# CHICKEN AND NOODLES

Main Dishes D-

Ingredients	50 servings	For ____ servings	Directions
Ready-to-cook chicken.... Salt (optional)..... Water.....	13 pounds..... 1 tablespoon..... 1-1/4 gallons.....	..... ..... .....	1. Cook chicken in salted water until tender. Cool and remove chicken from bones (card D-6). Reserve broth. 2. Cut meat into bite-size pieces.
Chicken broth and water.. Uncooked noodles.....	1-1/4 gallons..... 3 quarts.....	..... .....	3. Heat broth. Stir noodles slowly in boiling broth. Boil 10 minutes.
All-purpose flour.....	3/4 cup.....	.....	4. Remove about 1 cup broth and let cool. Add gradually to flour, stirring into a smooth paste. Stir paste into noodles and cook until thickened. 5. Add chicken. Heat thoroughly.

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked lean meat and 1 serving bread alternate (1/2 slice)  
COST PER SERVING \_\_\_\_\_

## CHICKEN AND NOODLES — Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Noodles.....	2 pounds.....	.....

# CHICKEN OR TURKEY CHOP SUEY

Main Dishes D-1:

Ingredients	50 servings	For ____ servings	Directions
*Cooked chicken or turkey, diced.	1 gallon.....	.....	1. Combine chicken or turkey, liquids celery, onions, pepper and sugar. 2. Heat to simmering.
Chicken or turkey broth, bean sprout liquid, or water.	2 quarts.....	.....	
*Celery, cut in 1-inch strips.	1-3/4 quarts.....	.....	
*Onions, sliced.....	1 quart.....	.....	
Pepper.....	1/2 teaspoon.....	.....	
Sugar.....	1/3 cup.....	.....	3. Blend cornstarch with water and stir into mixture. Simmer 20 minutes, stirring frequently.
Cornstarch.....	1 cup.....	.....	
Cold water.....	1 cup.....	.....	4. Add soy sauce. Add bean sprouts and heat. Or add cabbage and simmer 10 minutes. 5. Serve over Chinese noodles or rice.
Soy sauce.....	1 cup.....	.....	
*Bean sprouts.....	1 quart.....	.....	
or	or	.....	
*Cabbage, shredded.....	2-1/2 quarts.....	.....	

SERVING: About 1/2 cup—provides 1-1/2 ounces cooked chicken or turkey meat and 1/4 cup vegetable.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## CHICKEN OR TURKEY CHOP SUEY—Continued

### VARIATION

- a. PORK CHOP SUEY: In place of cooked chicken or turkey, use 7 pounds 8 ounces boneless fresh pork shoulder cut into 2-inch strips, and in place of chicken or turkey broth, use 2-1/2 quarts bean sprout liquid and water. Brown the pork. Add the liquid and simmer 40 minutes. Add celery, onions, salt, pepper, and sugar. Proceed with step 2. Increase cornstarch to 1-1/4 cups. One serving provides 1-1/2 ounces cooked lean meat.

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook chicken.....	13 pounds.....	.....
or	or	.....
Ready-to-cook turkey.....	10 pounds 9 ounces.....	.....
Celery.....	2 pounds 8 ounces.....	.....
Mature onions.....	1 pound 12 ounces.....	.....
Canned bean sprouts.....	2 pounds 7 ounces.....	.....
or	or	.....
Cabbage.....	2 pounds.....	.....

# CREAMED CHICKEN OR TURKEY

Main Dishes

Ingredients	50 servings	For ____ servings	Directions
Margarine_____	3/4 cup_____	_____	1. Melt margarine; blend in flour and salt. Stir in milk. Cook, stirring constantly until thickened.
All-purpose flour_____	1-1/3 cups_____	_____	
Salt_____	1 tablespoon____	_____	
Lowfat milk_____	3 quarts_____	_____	2. Add chicken or turkey; heat. 3. Serve over noodles, rice, or toast
*Cooked chicken or turkey, diced.	1 gallon_____	_____	

SERVING: 1/3 cup—provides 1-1/2 ounces cooked chicken or turkey meat.

COST PER SERVING\_\_\_\_\_

\* See Buying Guide

## CREAMED CHICKEN OR TURKEY—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook chicken_____	13 pounds_____	_____
or	or	
Ready-to-cook turkey_____	10 pounds 9 ounces_____	_____



# DEVILED EGGS

Main Dishes D-15

Ingredients	50 servings	For ____ servings	Directions
Hard-cooked eggs (card D-2).	50 large.....	.....	1. Cut eggs in half lengthwise. Remove and mash yolks.
Salt.....	1 tablespoon.....	.....	2. Add remaining ingredients to mashed yolks. Mix until well blended.
Dry mustard.....	1 tablespoon.....	.....	3. Fill each half egg with about 1 table- spoon of yolk mixture. Sprinkle with paprika.
Sweet pickle relish.....	1-1/3 cups.....	.....	
Lowfat mayonnaise.....	1-1/2 cups.....	.....	
Paprika (if desired).....	1/8 teaspoon.....	.....	

SERVING: 2 egg halves—provide 1 egg.

COST PER SERVING\_\_\_\_\_

# TUNA CAKES

Main Dishes D-

Ingredients	50 servings	For ____ servings	Directions
*Canned tuna, water-packed, drained _____	1 quart 3-1/2 cups.	-----	
*Onions, chopped _____ Oil _____	1 cup _____ 2 tablespoons -----	-----	2. Cook onions in oil until onions are clear, but not brown.
Eggs _____ *Mashed potatoes _____ Catsup _____ Salt _____	4 large _____ 1-1/2 quarts _____ 1/4 cup _____ 2 teaspoons -----	-----	3. Beat eggs. 4. Combine eggs, potatoes, catsup, salt, onion mixture, and fish. Chill. 5. Portion mixture with a No. 16 scoop (1/4 cup) and shape into 50 cakes.
Dry bread crumbs, toasted.	1-1/3 cups. ....	-----	6. Roll a few cakes at a time in crumbs. 7. Place in a single layer on grease sheet pans.
Oil _____	1/2 cup. ....	-----	8. Drizzle oil over cakes. 9. Bake at 500° F (extremely hot oven) 20 to 25 minutes until brown.

SERVING: 1 cake—provides the equivalent of 1 ounce cooked lean meat and 1/8 cup vegetable.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## TUNA CAKES—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Canned tuna, water-packed, drained _____	7-1/2 cans (6-1/2 to 7 ounces each).	-----
Mature onions _____	6-3/4 ounces _____	-----
Potatoes _____	3 pounds 10 ounces _____	-----

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## GROUND BEEF AND SPAGHETTI

Main Dishes D-17

Ingredients	50 servings	For ____ servings	Directions
*Spaghetti.....	3 quarts 3/4 cup_	.....	1. Cook spaghetti (card B-1 through step 3), set aside.
Boiling water.....	1-1/2 gallons....	.....	
Salt (optional).....	1 teaspoon.....	.....	
Ground beef.....	5 pounds 8 ounces.	.....	2. Brown beef lightly. Add onions and cook until onions are clear but not brown. Drain.
*Onions, chopped.....	3 cups.....	.....	
*Tomato paste.....	3 cups.....	.....	3. Add tomato paste and puree to meat mixture. Add remaining ingredients.
*Tomato puree.....	2 cups.....	.....	
Salt.....	1 tablespoon_	.....	4. Stir in spaghetti.
Sugar.....	2 teaspoons.....	.....	
*Cheese, shredded.....	3 cups.....	.....	
			5. Reheat, sprinkle cheese over the top, and serve.

SERVING: 1/2 cup — provides the equivalent of 1-1/2 ounces cooked lean meat, 1/8 cup vegetable, \_  
and 1 serving bread alternate (1/2 slice).

COST PER SERVING \_\_\_\_\_

\*See Buying Guide

## GROUND BEEF AND SPAGHETTI—Continued

## BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Spaghetti.....	1 pound 9 ounces.....	.....
Mature onions.....	1 pound 4 ounces.....	.....
Canned tomato paste.....	1 pound 12 ounces.....	.....
Canned tomato puree.....	1 pound 2 ounces.....	.....
Cheese.....	12 ounces.....	.....

# LASAGNA

Main Dishes D-18

Ingredients	50 servings	For ____ servings	Directions
*Onions, chopped..... Oil.....	1 cup..... 1 tablespoon.....	..... .....	1. Cook onions in oil until onions are clear, but not brown.
*Tomato paste..... *Tomato puree..... Water..... Sugar..... Salt (optional)..... Worcestershire sauce..... Garlic powder.....	2 cups..... 1 quart..... 2 quarts..... 2 tablespoons..... 1 tablespoon..... 1 teaspoon..... 1 teaspoon.....	..... ..... ..... ..... ..... ..... .....	2. Combine onions, paste, puree, water, sugar, and seasonings. Let stand covered in refrigerator 24 hours.
Lean ground beef..... or Ground pork..... Salt (optional)..... Pepper.....	4 pounds 5 ounces. or 5 pounds 10 ounces. 1 tablespoon..... 1/4 teaspoon.....	..... ..... ..... .....	3. Season meat with salt and pepper. Brown meat until all signs of pink have disappeared. Drain and discard fat.
*Cheese, diced..... *Uncooked lasagna noodles.	1-1/2 quarts..... 24 noodles.....	..... .....	4. Heat sauce to boiling. Remove from heat and add meat and cheese. 5. Pour about 1 quart of meat-cheese sauce into a greased baking pan (about 12 by 20 by 2 inches). Spread.

\* See Buying Guide

## LASAGNA—Continued

Ingredients	50 servings	For ____ servings	Directions
			6. Cover with a layer of 8 noodles. For the next 2 layers, use 2 quarts meat-cheese sauce with 8 noodles. Pour 1 quart sauce over top. 7. Cover pans tightly with lid or foil and bake 1 hour at 350° F (moderate oven). 8. Let stand 15 to 30 minutes before cutting for easier serving.

**SERVING:** 1 piece, about 2 by 2 inches—provides the equivalent of 1-1/2 ounces cooked lean meat 1/8 cup vegetable, and 1 serving bread alternate (1/2 slice).

**COST PER SERVING** \_\_\_\_\_

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions.....	7 ounces.....	.....
Canned tomato paste.....	1 pound 2-1/2 ounces.....	.....
Canned tomato puree.....	2 pounds 3-1/2 ounces.....	.....
Cheese.....	1 pound 8 ounces.....	.....
Lasagna noodles.....	1 pound 8 ounces.....	.....



# MACARONI AND CHEESE WITH HAM

Main Dishes D-19

Ingredients	50 servings	For ____ servings	Directions
*Macaroni..... Boiling water.....	3-1/2 cups..... 1 gallon.....	..... .....	1. Cook macaroni 8 minutes (card B-1) through step 3). Drain.
Margarine..... All-purpose flour..... Hot lowfat milk.....	3 tablespoons..... 1/3 cup..... 2 quarts.....	..... ..... .....	2. Melt margarine; blend in flour. Stir in milk. Cook and stir constantly until thickened.
Dry mustard..... *Cheese, shredded..... *Cooked ham, diced.....	2 teaspoons..... 2-1/2 quarts..... 2 quarts.....	..... ..... .....	3. Add mustard and cheese to sauce; stir until blended. Mix in ham. 4. Combine macaroni with sauce. 5. Pour into a greased baking pan (about 12 by 20 by 2 inches). 6. Bake at 350° F (moderate oven) 45 minutes until brown.

SERVING: 1/3 cup provides the equivalent of 1-1/2 ounces cooked lean meat, and 1/2 serving bread alternate (1/4 slice).

COST PER SERVING \_\_\_\_\_

\*See Buying Guide

## MACARONI AND CHEESE WITH HAM—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Macaroni, elbow..... Cheese..... Cured ham, without bone.....	1 pound..... 2 pounds 8 ounces..... 3 pounds 6 ounces.....	..... ..... .....

# MEAT LOAF

Main Dishes D-20

Ingredients	50 servings	For ____ servings	Directions
Bread slices (3/8 inch thick). Lowfat milk_____	13 slices..... 2-1/2 cups.....	..... .....	1. Beat bread and milk 2 minutes in mixer on low speed or soak bread in milk.
*Onions, chopped..... *Celery, chopped..... Lean ground beef..... Salt..... Worcestershire sauce..... Parsley, chopped (if desired). Eggs.....	3/4 cup..... 1 cup..... 6 pounds..... 1 teaspoon..... 2 tablespoons..... 2 tablespoons..... 6 large.....	..... ..... ..... ..... ..... ..... .....	2. Add remaining ingredients and mix 3 minutes on low speed. 3. Place meat mixture in a baking pan (about 12 by 20 by 2 inches). Shape mixture into 2 equal lengthwise loaves. 4. Bake 1 hour 10 minutes at 375° F (moderate oven). Drain.

SERVING: 1 slice, about 3/4 inch thick—provides the equivalent of 1-1/2 ounces cooked lean meat.  
COST PER SERVING\_\_\_\_\_

## VARIATIONS

- a. BEEF-PORK LOAF: Use only 3 pounds 8 ounces ground beef and add 3 pounds ground pork. Serving is same as for basic recipe.
  - \*b. CHEESE-MEAT LOAF: Use only 4 pounds 6 ounces ground beef and add 1-1/4 quarts shredded cheese. Serving is same as for basic recipe.
  - c. MEATBALLS: In place of steps 3 and 4, portion with a No. 16 scoop (1/4 cup) onto baking sheets. Bake at 375° F (moderate oven) 35 minutes. One serving (one meat ball) provides the equivalent of 1-1/2 ounces cooked lean meat.
- \* See Buying Guide

## MEAT LOAF—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe		
Mature onions.....	5 ounces.....	.....
Celery.....	6 ounces.....	.....
Variation b		
Cheese.....	1 pound 4 ounces.....	.....

Ingredients	50 servings	For ____ servings	Directions
Ready-to-cook frying chicken			
*Market style			
Breast halves with ribs	25 pieces.....	.....	1. Thaw frozen chicken (D-8); remove skin. Wash and dry pieces and arrange them in single layer on oiled sheet pans.  2. Bake at 400° F (hot oven) until golden brown and crisp; about 1 hour for breasts, 50 minutes for drumsticks and thighs, and 35 minutes for wings.  3. After baking remove bones from breasts, drumsticks, and thighs with backs.
or			
Drumsticks.....	54 pieces.....	.....	
or			
Thighs.....	50 pieces.....	.....	
or			
Wings.....	100 pieces.....	.....	
or			
*Special purchase, style II			
Breast halves with backs	25 pieces.....	.....	
or			
Drumsticks.....	54 pieces.....	.....	
or			
Thighs with backs.....	26 pieces.....	.....	
or			
Wings.....	100 pieces.....	.....	

SERVING: 1/4 breast, about 1 drumstick, 1 thigh, 2 wings, or about 1/2 thigh with back—provides 1-1/2 ounces cooked chicken meat.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

### OVEN-BAKED CHICKEN—Continued

#### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook frying chicken		
Market style		
Breast halves with ribs (about 6.4 ounces each).	10 pounds.....	.....
Drumsticks (about 3.3 ounces each).	11 pounds 4 ounces.....	.....
Thighs (about 3.7 ounces each)	11 pounds 10 ounces.....	.....
Wings (about 3.0 ounces each).	18 pounds 12 ounces.....	.....
Special purchase, style II		
Breast halves with backs (about 6.9 ounces each).	10 pounds 14 ounces.....	.....
Drumsticks (about 3.3 ounces each).	11 pounds 4 ounces.....	.....
Thighs with backs (about 7.3 ounces each).	11 pounds 14 ounces.....	.....
Wings (about 3.0 ounces each).	18 pounds 12 ounces.....	.....

# OVEN-BAKED FILLETS

Main Dishes D

Ingredients	50 servings	For ____ servings	Directions
Cod, flounder, or ocean perch fillets.	7 pounds 8 ounces	-----	1. Thaw frozen fillets (card D-7). Divide into 50 servings (about 2-1/2 ounces each).
Salt (optional)-----	1-3/4 teaspoons	-----	2. Add salt to milk. Dip fish in milk then roll in crumbs, using a small amount at a time. Place in a single layer skin side down on a greased sheet pan.
Lowfat milk-----	1-1/2 cups-----	-----	
Dry bread crumbs, toasted	3-1/2 cups-----	-----	
Lowfat mayonnaise-----	1/2 cup-----	-----	3. Brush tops with lowfat mayonnaise. 4. Bake at 500° F (extremely hot oven) 15 to 20 minutes until fish flakes easily when tested with a fork.

SERVING: 1 serving—provides 1-1/2 ounces cooked fish.

COST PER SERVING\_\_\_\_\_



# Beef or Pork Burrito

## Meat/Meat Alternate--Vegetable--Bread Alternate

### Main Dishes

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef ..... (no more than 24% fat) <b>OR</b>	4 lb 5 oz.... <b>OR</b>	.....	8 lb 10 oz.. <b>OR</b>	.....	.....	1. Brown ground beef or pork. Drain.
Raw ground pork ..... (no more than 24% fat)	4 lb 5 oz....	.....	8 lb 10 oz..	.....	.....	
Dehydrated onions..... <b>OR</b>	.....	1/4 cup 2 tsp.. <b>OR</b>	2 oz ..... <b>OR</b>	1/2 cup 1 Tbsp <b>OR</b>	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
*Fresh onions, chopped ...	5 oz .....	3/4 cup 2 Tbsp	10 oz .....	1 1/2 cups.....	.....	
Garlic powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Black pepper .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp .	.....	
Tomato paste .....	1 lb 12 oz..	1/4 No. 10 can	3 lb 8 oz...	1/2 No. 10 can	.....	
Water .....	.....	1 1/2 qt .....	.....	3 qt .....	.....	
Seasonings	.....	.....	.....	.....	.....	
Chili powder .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	3. Combine shredded cheese with meat mixture.
Ground cumin .....	.....	2 Tbsp .....	.....	1/4 cup.....	.....	
Paprika.....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Onion powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Cheddar cheese, shredded	3 lb 3 oz...	3 qt 2 1/2 cups.	6 lb 6 oz...	1 gal 3 1/4 qt ..	.....	4. Steam tortillas for 3 minutes or until warm.
Flour tortillas ..... (at least 1.1 oz each)	.....	50 .....	.....	100 .....	.....	
						5. Portion meat mixture with No. 12 scoop (1/2 cup) onto each tortilla. Fold around meat envelope style.
						6. Place folded burritos seam side down on lightly oiled sheet pans (18" x 26" x 1"), 33-35 burritos per pan.
						7. Bake: Conventional oven: 375 °F for 15 minutes Convection oven: 325 °F for 15 minutes

# Beef or Pork Burrito (Continued)

## Main Dishes

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cheddar cheese, shredded (optional).....	13 oz .....	3 3/4 cups .....	1 lb 10 oz	1 qt 3 1/2 cups.	.....	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.

**SERVING:** 1 burrito provides the equivalent of 2 ounces of cooked lean meat, 1/4 cup of vegetable, and 1 serving of bread alternate.

**YIELD:** 50 servings: 50 Burritos, 1 1/2 sheet pans  
100 servings: 100 Burritos, 3 sheet pans

## Variations

### a. Bean Burrito

50 servings: Omit step 1. In step 2, use 1 qt water. Simmer tomato mixture 15 minutes. In step 3, in place of meat, use 4 lb 10 oz (3 qt 1/2 cup) cooked dry pinto beans (see preparation note) or 1 1/4 No. 10 cans drained pinto beans. Puree beans to a smooth consistency. Continue with steps 4-8.

100 servings: Omit step 1. In step 2, use 2 qt water. Simmer tomato mixture 15 minutes. In step 3, in place of meat, use 9 lb 4 oz (1 gal 2 1/4 qt) cooked dry pinto beans (see preparation note) or 2 1/2 No. 10 cans drained pinto beans. Puree to a smooth consistency. Continue with steps 4-8.

### PREPARATION NOTE:

#### SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 1/4 qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

#### COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

**CACFP:** 1/2 burrito provides the equivalent of 1 ounce of cooked lean meat, 1/8 cup vegetables, and 1 serving bread alternate (1/2 slice).

### b. Beef or Pork Burrito (Using Canned Meats)

50 servings: Omit step 1. In step 2, use 6 lb 6 oz (3 1/2 No. 2 1/2 cans) undrained canned beef or undrained canned pork. Remove fat. Use 1 qt water. Continue with steps 3-8.

100 servings: Omit step 1. In step 2, use 12 lb 12 oz (7 No. 2 1/2 cans) undrained canned beef or undrained canned pork. Remove fat. Use 2 qt water. Continue with steps 3-8.

## Nutrients Per Serving

Calories	308	Vitamin A	151 RE/922 IU	Iron	2.4 mg
Protein	19 g	Vitamin C	7.1 mg	Calcium	227 mg
Carbohydrate	20 g	Thiamin	0.21 mg	Phosphorus	270 mg
Fat	17 g	Riboflavin	0.28 mg	Potassium	344 mg
Cholesterol	55 mg	Niacin	3.40 mg	Sodium	218 mg

## Marketing Guide for Selected Items

### Bean Burrito

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions .....	5 3/4 oz .....	11 1/2 oz .....	.....
Pinto beans, dry .....	2 lb .....	4 lb .....	.....

### Beef or Pork Burrito

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions .....	5 3/4 oz .....	11 1/2 oz .....	.....

# PIGS IN BLANKETS

Main Dishes D-24

Ingredients	50 servings	For ____ servings	Directions
Frankfurters (8 per pound)	25 (3 pounds 2 ounces)	.....	1. Stack frankfurters on a cutting board and cut cross-wise into 50 halves.
Bread (see note).....	25 slices .....	.....	2. Cut bread in half diagonally.
			3. Wrap each frankfurter piece with a half slice of bread and fasten with a toothpick.
			4. Bake at 400° F (hot oven) for 12 minutes until brown.
			5. Remove toothpicks before serving.

SERVING: 1 pig in blanket—provides 1 ounce cooked lean meat and a serving of bread, (1/2 slice).  
COST PER SERVING \_\_\_\_\_

NOTE: Fresh bread should be used.



# PIZZA

Main Dishes D-23

Ingredients	50 servings	For ____ servings	Directions
Active dry yeast.....	2 packages (about 1-3/4 tablespoons)	.....	1. Prepare yeast dough (card B- through step 4). 2. Cut dough into 3 equal pieces. Place a piece in each of 3 sheet pans (13 by 18 by 1 inch). Roll dough thin to line pans.
or	or	.....	
Compressed yeast.....	2-1/2 cakes (about 3-1/3 tablespoons)	.....	
Warm water.....	3/4 cup.....	.....	
All-purpose flour.....	1-1/2 quarts.....	.....	
Nonfat dry milk.....	1/4 cup*.....	.....	
Sugar.....	2 teaspoons.....	.....	
Salt.....	2 teaspoons.....	.....	
Shortening.....	1/3 cup.....	.....	3. Spread meat in baking pans. Brown 25 minutes at 400° F (hot oven). Drain.
Water.....	1 cup.....	.....	
**Ground pork.....	4 pounds.....	.....	3. Spread meat in baking pans. Brown 25 minutes at 400° F (hot oven). Drain.
or	or	.....	
**Lean ground beef.....	3 pounds 4 ounces	.....	4. Mix tomato paste, seasonings, and sugar; add to cooked meat. Mix well. 5. Place warm filling, about 2-3/4 cups per pan, on dough. 6. Bake at 425° F (hot oven) about 10 minutes.
*Tomato paste.....	3 cups.....	.....	
Oregano.....	1 teaspoon.....	.....	
Garlic powder.....	1/4 teaspoon.....	.....	
Sugar.....	2 tablespoons.....	.....	
*Cheese, shredded.....	2-1/2 quarts.....	.....	

\* See Buying Guide

\* Non-instant nonfat dry milk or use 1/2 cup instant nonfat dry milk.

\*\*Ground turkey may be substituted

## PIZZA—Continued

Ingredients	50 servings	For ____ servings	Directions
			7. Top with shredded cheese, 3-1/2 cups per pan, and bake about 5 minutes longer.

SERVING: 1 piece, about 3 by 4 inches—provides the equivalent of 1-1/2 ounces cooked lean meat and a serving of bread.

COST PER SERVING \_\_\_\_\_

## BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Canned tomato paste.....	1 pound 13 ounces.....	.....
Cheese.....	2 pounds 8 ounces.....	.....

Meatless variation - 1/4 cup mixed, chopped vegetables (green peppers, onions, mushrooms) may be substituted for the ground meat.

CACFP: 1 piece, about 3 by 4 inches - provides the equivalent of 1/2 meat alternate (3/4 ounce cheese), 1/4 cup vegetable, and a serving of bread.



# TUNA-RICE LOAF

Main Dishes D-26

Ingredients	50 servings	For ____ servings	Directions
*Canned tuna, water packed, drained_____	2 quarts 1 cup_____	_____	1. Flake tuna.
Eggs_____	15 large_____	_____	2. Beat eggs.
*Cooked rice_____	1 quart 1/2 cup_____	_____	3. Combine all ingredients.
Lowfat milk_____	3 cups_____	_____	4. Pour into a greased baking pan (about 10 x 12 x 4 inches).
Soft bread crumbs_____	2-3/4 cups_____	_____	5. Bake at 350° F (moderate oven) about 50 minutes until loaf is firm in the center.
*Green peppers, chopped_____	1/4 cup_____	_____	
*Lemon juice_____	3 tablespoons_____	_____	
*Parsley, chopped_____	3 tablespoons_____	_____	
Baking powder_____	1 tablespoon_____	_____	
Salt_____	1 tablespoon_____	_____	

SERVING: 1 piece, 1 x 2 inches—provides the equivalent of 1-1/2 ounces cooked lean meat.  
 COST PER SERVING\_\_\_\_\_

\* See Buying Guide

## TUNA-RICE LOAF—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe		
Canned tuna, water packed_____	10 cans (6-1/2 or 7 ounces each)_____	_____
Rice_____	8-1/2 ounces (1-1/4 cups)_____	_____
Green pepper_____	2 ounces_____	_____
Lemon_____	4 ounces (1 medium, size 150)_____	_____
Parsley_____	3/4 ounce_____	_____

# SPANISH RICE AND GROUND BEEF

Main Dishes D-2

Ingredients	50 servings	For ____ servings	Directions
Uncooked rice (see note)...	3-1/2 cups.....	.....	1. Cook rice (card B-2), reducing cooking time by one-third).
Salt.....	1 teaspoon _ _	.....	
Boiling water.....	1-1/2 quarts.....	.....	
Lean ground beef _ _ _ _	6 pounds 9 ounces	.....	2. Brown beef lightly; add vegetables. Cook until onions are clear, but not brown. Drain fat and discard.
*Onions, chopped.....	1-1/2 cups.....	.....	
*Green peppers, chopped..	1-1/2 cups.....	.....	
*Celery, chopped.....	1 cup.....	.....	
*Canned tomatoes.....	2-1/4 quarts.....	.....	3. Add rice and remaining ingredients to beef mixture. Simmer 30 minutes, stirring occasionally, until flavors are blended. 4. Serve with a No. 8 scoop (1/2 cup).
*Tomato puree.....	1-1/2 cups.....	.....	
Salt.....	1 tablespoon _ _	.....	
Sugar.....	2 tablespoons.....	.....	
Worcestershire sauce.....	1 teaspoon.....	.....	
Chili powder.....	1-1/3 table- spoons	.....	

SERVING: 1/2 cup—provides 1-1/2 ounces cooked lean meat, 1/4 cup vegetable, and 1 serving bread alternative.

COST PER SERVING \_\_\_\_\_

NOTE: Do not wash enriched rice.

\* See Buying Guide

## SPANISH RICE AND GROUND BEEF—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions.....	10 ounces.....	.....
Green peppers.....	10 ounces.....	.....
Celery.....	6 ounces.....	.....
Canned tomatoes.....	4 pounds 13 ounces.....	.....
Canned tomato puree.....	14 ounces.....	.....
Rice _ _ _ _	1 pound 8 ounces _ _ _ _	.....

# SWISS STEAK CUBES

Main Dishes D-28

Ingredients	50 servings	For ____ servings	Directions
Top round steak, boneless_	6 pounds 8 ounces.	.....	1. Cut steak into bite-size pieces. Coat meat with mixture of flour and salt.
All-purpose flour.....	1-1/4 cups.....	.....	
Salt.....	1 tablespoon_	.....	
	spoons.		
Oil.....	1/3 cup.....	.....	2. Place oil in baking pan, about 12 by 20 by 2 inches. Brown meat in oil in oven at 400°F (hot oven) about 25 minutes. Pour water over meat.
Water.....	1 quart.....	.....	
*Onions, chopped.....	2 cups.....	.....	3. Top meat with onions. 4. Cover and bake 1-1/4 hours at 350° F (moderate oven). Remove cover and bake 15 minutes longer until brown.

**SERVING:** About 1/4 cup meat and gravy—provides 1-1/2 ounces cooked lean meat.

**COST PER SERVING** \_\_\_\_\_

\* See Buying Guide

## SWISS STEAK CUBES—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions, 2-1/2 inches diameter.	About 3-1/2 whole or 14 ounces.	.....

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef ..... (no more than 24% fat) OR	6 lb 7 oz...	.....	12 lb 14 oz.	.....	.....	1. Brown ground beef or pork. Drain.
Raw ground pork ..... (no more than 24% fat)	6 lb 7 oz... OR	.....	12 lb 14 oz.	.....	.....	
Dehydrated onions ..... OR	.....	1/4 cup 2 tsp..	2 oz .....	1/2 cup 1 Tbsp	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes.
Fresh onions, chopped ...	5 oz .....	3/4 cup 2 Tbsp	10 oz .....	1 1/2 cups .....	.....	
Garlic powder .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Black pepper .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp .	.....	
Tomato paste .....	14 oz .....	1 1/2 cups .....	1 lb 12 oz..	1/4 No. 10 can	.....	
Water .....	.....	1 qt .....	.....	2 qt .....	.....	
Seasonings	.....	.....	.....	.....	.....	
Chili powder .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 4.
Ground cumin .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Paprika .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Cheddar cheese, shredded .....	1 lb 10 oz..	1 qt 3 1/2 cups.	3 lb 4 oz...	3 3/4 qt .....	.....	
Tomatoes, chopped .....	1 lb 4 oz...	3 cups .....	2 lb 8 oz...	1 qt 2 1/4 cups	.....	
Lettuce, shredded .....	2 lb 2 oz...	1 gal 1 cup...	4 lb 4 oz...	2 gal .....	.....	



# Beef or Pork Taco (Continued)

## Main Dishes

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Taco shells (at least 0.35 oz each) .....	.....	100 .....	.....	200 .....	.....	4. Serving suggestions (2 tacos per serving):  A. Before serving or on serving line, fill each taco shell with 2 Tbsp meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (3/4 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese.  OR  B. 1. Preportion No. 10 scoop (3/4 cup) lettuce and tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service.  2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, No. 16 scoop (1/4 cup) meat mixture, 1 preportioned souffle cup of lettuce and tomato mixture, and 1 preportioned souffle cup of shredded cheese. Instruct students to "build" their own tacos.

SERVING: 2 tacos provide the equivalent of 2 ounces of cooked lean meat, 1/2 cup of vegetable, and 1 serving of bread alternate. YIELD: 50 servings: 100 tacos  
100 servings: 200 tacos

CACFP: 1 taco provides the equivalent of 1 ounce of cooked lean meat, 1/4 cup vegetables, and 1 serving bread alternate (1/2 slice).

# Beef or Pork Taco (Continued)

## Variations

Main Dishes

### a. Bean Taco

50 servings: Omit step 1. In step 2, use 7 lb 2 oz (1 gal 3 cups) cooked dry pinto beans (see preparation note) or 1 $\frac{3}{4}$  No. 10 cans drained pinto beans. Puree beans to a smooth consistency. Continue with steps 3 and 4.

100 servings: Omit step 1. In step 2, use 14 lb 4 oz (2 $\frac{1}{4}$  gal) cooked dry pinto beans (see preparation note) or 3 $\frac{1}{2}$  No. 10 cans drained pinto beans. Puree beans to a smooth consistency. Continue with steps 3 and 4.

### PREPARATION NOTE:

#### SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$  qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 $\frac{3}{4}$  qt of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

#### COOKING BEANS

Once the beans have been soaked, add  $\frac{1}{2}$  tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = about 2 $\frac{1}{2}$  cups dry or 6 $\frac{1}{4}$  cups cooked beans.

### b. Beef or Pork Taco (Using Canned Meats)

50 servings: Omit step 1. In step 2, use 9 lb 4 oz (5 $\frac{1}{8}$  No. 2 $\frac{1}{2}$  cans) undrained canned beef or undrained canned pork. Remove fat. Use 2 cups water and 3 Tbsp chili powder, 2 Tbsp cumin, 1 Tbsp paprika, 1 Tbsp onion powder (or  $\frac{1}{4}$  cup 3 Tbsp Mexican Seasoning Mix). Continue with step 3. In step 4, serve  $\frac{1}{2}$  cup (No. 12 scoop) of meat mixture for 2 taco shells.

100 servings: Omit step 1. In step 2, use 18 lb 8 oz (10 $\frac{1}{4}$  No. 2 $\frac{1}{2}$  cans) undrained canned beef or undrained canned pork. Remove fat. Use 1 qt water and  $\frac{1}{4}$  cup 2 Tbsp chili powder,  $\frac{1}{4}$  cup cumin, 2 Tbsp paprika, 2 Tbsp onion powder (or  $\frac{3}{4}$  cup 2 Tbsp Mexican Seasoning Mix). Continue with step 3. In step 4, serve  $\frac{1}{2}$  cup (No. 12 scoop) of meat mixture for 2 taco shells.

### c. Chicken or Turkey Taco

50 servings: Omit step 1. In step 2, use 4 lb 12 oz (3 $\frac{3}{4}$  qt) cooked chopped chicken or turkey and 1 $\frac{1}{2}$  qt water. Continue with steps 3 and 4.

100 servings: Omit step 1. In step 2, use 9 lb 8 oz (1 gal 3 $\frac{1}{2}$  qt) cooked chopped chicken or turkey and 3 qt water. Continue with steps 3 and 4.

### Nutrients Per Serving

Calories	289	Vitamin A	104 RE/768 IU	Iron	3.1 mg
Protein	17 g	Vitamin C	6.5 mg	Calcium	160 mg
Carbohydrate	17 g	Thiamin	0.27 mg	Phosphorus	216 mg
Fat	17 g	Riboflavin	0.32 mg	Potassium	358 mg
Cholesterol	52 mg	Niacin	4.27 mg	Sodium	172 mg

### Marketing Guide for Selected Items

#### Bean Taco

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Pinto beans, dry	3 lb	6 lb	
Mature onions	5 3/4 oz	11 1/2 oz	
Tomatoes	1 lb 4 1/2 oz	2 lb 9 oz	
Head lettuce	2 lb 13 oz	5 lb 10 oz	

#### Beef or Pork Taco

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Mature onions	5 3/4 oz	11 1/2 oz	
Tomatoes	1 lb 4 1/2 oz	2 lb 9 oz	
Head lettuce	2 lb 13 oz	5 lb 10 oz	

#### Chicken or Turkey Taco

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Chicken, whole, without neck and giblets	13 lb 4 oz	26 lb 8 oz	
OR			
Turkey, whole, without neck and giblets	10 lb 2 oz	20 lb 4 oz	
Mature onions	5 3/4 oz	11 1/2 oz	
Tomatoes	1 lb 4 1/2 oz	2 lb 9 oz	
Head lettuce	2 lb 13 oz	5 lb 10 oz	



# Tuna and Noodles

## Meat-Bread Alternate

## Main Dishes

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water.....	.....	2 gal .....	.....	4 gal .....	.....	1. Heat water to rolling boil.
Noodles.....	2 lb 8 oz...	1 gal 3½ qt ..	5 lb .....	3¾ gal .....	.....	2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK.
Butter or margarine .....	8 oz .....	1 cup .....	1 lb .....	2 cups .....	.....	3. Melt butter or margarine. Add celery and onions. Cook over medium heat for 5-6 minutes.
Celery, chopped .....	1 lb .....	¾ cups .....	2 lb .....	1 qt 3½ cups ..	.....	4. Add flour and stir until smooth.
Dehydrated onions.....	.....	½ cup .....	3½ oz .....	1 cup .....	.....	5. Add milk, chicken stock, pepper, parsley flakes, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
*Fresh onions, chopped ....	14 oz .....	2¼ cups .....	1 lb 12 oz..	1 qt ¾ cup...	.....	6. Add cooked noodles, tuna, and lemon juice. Stir gently to combine. Cook over medium heat for 6-8 minutes, or until heated through.
All-purpose flour .....	8 oz .....	1¼ cups .....	1 lb .....	3½ cups .....	.....	7. Pour into serving pans. Hold for 30 minutes on a 180-190 °F steamtable to allow sufficient time for mixture to set up properly.
Reconstituted nonfat dry milk .....	.....	1 gal .....	.....	2 gal .....	.....	8. Portion with 8-oz ladle (1 cup).
Chicken stock.....	.....	1 gal .....	.....	2 gal .....	.....	
Black or white pepper.....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
Parsley flakes .....	.....	½ cup .....	.....	1 cup .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Tuna, water-packed, chunk light, drained and flaked .....	6 lb 6 oz...	2 66½-oz cans .....	12 lb 12 oz.	4 66½-oz cans .....	.....	
Reconstituted frozen lemon juice concentrate	.....	¾ cup .....	.....	1½ cups .....	.....	

**SERVING:** 1 cup (8-ounce ladle) provides 2 ounces of cooked fish and 1 serving of bread alternate.

**YIELD:** 50 servings: about 3¼ gallons  
100 servings: about 6½ gallons

\*See marketing guide

CACFP: 1/2 cup (4-ounce ladle) provides 1 ounce of cooked fish and 1 serving of bread alternate (1/2 slice).



CACFP: 1/2 cup (4 ounces)  
1 serving of bread alternate (1/2 slice).

# Food and Noodles (Continued)

Main Dishes

## Nutrients Per Serving

Calories \_\_\_\_\_ 261    Vitamin A \_\_\_\_\_ 76 RE/292 IU    Iron \_\_\_\_\_ 2.2 mg  
Protein \_\_\_\_\_ 27 g    Vitamin C \_\_\_\_\_ 2.5 mg    Calcium \_\_\_\_\_ 134 mg  
Carbohydrate \_\_\_\_\_ 24 g    Thiamin \_\_\_\_\_ 0.15 mg    Phosphorus \_\_\_\_\_ 267 mg  
Fat \_\_\_\_\_ 6 g    Riboflavin \_\_\_\_\_ 0.25 mg    Potassium \_\_\_\_\_ 410 mg  
Cholesterol \_\_\_\_\_ 78 mg    Niacin \_\_\_\_\_ 10.76 mg    Sodium \_\_\_\_\_ 808 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Celery .....	1 lb 3 1/2 oz ..	2 lb 7 oz ....	.....
Mature onions .....	1 lb .....	2 lb .....	.....



## E--Salads and Salad Dressings

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# CARROT-RAISIN SALAD

Salads E-1

Ingredients	50 servings	For ____ servings	Directions
*Carrots, shredded.....	3 quarts.....	.....	1. Combine all ingredients. Chill. 2. Portion with No. 16 scoop (1/4 cup) onto salad greens. NOTE: If raisins are dry, plump them in hot water.
*Raisins.....	1-1/4 quarts.....	.....	
Salt.....	1 teaspoon.....	.....	
Lowfat mayonnaise.....	2-1/2 cups.....	.....	

SERVING: 1/4 cup—provides 1/4 cup vegetable and fruit.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## CARROT-RAISIN SALAD—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Carrots, without tops.....	3 pounds 9 ounces.....	.....
Raisins.....	1 pound 10 ounces.....	.....

## EGG SALAD

Salads

Ingredients	50 servings	For ____ servings	Directions
Hard-cooked eggs, chopped (see card D-2)	50 large.....	.....	1. Combine all ingredients. Chill. 2. Portion with No. 12 scoop (1/3 c onto salad greens.
*Celery, chopped.....	1-1/2 quarts.....	.....	
*Onions, chopped.....	1/2 cup.....	.....	
Sweet pickle relish, undrained	2 cups.....	.....	
Lowfat mayonnaise.....	2 cups.....	.....	
Salt.....	1 tablespoon.....	.....	
Prepared mustard.....	1/4 cup.....	.....	
Pepper.....	1-1/2 tea- spoons	.....	

SERVING: 1/3 cup—provides 1 egg and 1/8 cup vegetable.

COST PER SERVING \_\_\_\_\_

## VARIATIONS

- \*a. **CHICKEN OR TURKEY SALAD:** Use only 11 chopped hard-cooked eggs and add 3 quarts diced cooked chicken or turkey. Omit prepared mustard and pepper. A serving, 1/3 cup, provides the equivalent of 1-1/2 ounces cooked lean meat and 1/8 cup vegetable.
- \*b. **TUNA SALAD:** Use only 11 chopped hard-cooked eggs and add 2-1/2 quarts drained, flaked water-canned tuna. Omit salt, prepared mustard and pepper. A serving, 1/3 cup, provides the equivalent of 1-1/2 ounces cooked lean meat and 1/8 cup vegetable.

\* See Buying Guide

## EGG SALAD—Continued

## BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Basic recipe		
Celery.....	2 pounds 2 ounces.....	.....
Mature onions.....	3-1/2 ounces (1 medium).....	.....
Variation a		
Ready-to-cook chicken.....	9 pounds 12 ounces.....	.....
or	or	
Ready-to-cook turkey.....	7 pounds 14 ounces.....	.....
Variation b		
Water-packed canned tuna.....	10 cans (6-1/2 or 7 ounces each).....	.....

# MOLDED FRUIT-COTTAGE CHEESE SALAD

Salads E-3

Ingredients	50 servings	For ____ servings	Directions
*Flavored gelatin.....	1-3/4 cups.....	.....	1. Dissolve gelatin in hot water. Add fruit juice. Chill until mixture begins to thicken.
Hot water.....	3 cups.....	.....	
Fruit juice.....	1 quart.....	.....	
*Lowfat cottage cheese.....	3-1/3 cups.....	.....	2. Stir in cottage cheese and fruits.
*Pears, drained, diced.....	1-1/2 quarts.....	.....	3. Pour into a baking pan (about 12 by 20 by 2 inches). Chill until set.
*Crushed pineapple, drained.....	3 cups.....	.....	4. Cut and serve on salad greens.

SERVING: 1 piece, about 2 by 2 inches—provides 1/2 ounce cheese and 1/4 cup fruit.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## MOLDED FRUIT-COTTAGE CHEESE SALAD—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Flavored gelatin.....	12 ounces.....	.....
Lowfat cottage cheese.....	1 pound 12 ounces.....	.....
Canned pears.....	5 pounds.....	.....
Canned crushed pineapple.....	2 pounds 2 ounces.....	.....

# Creamy Cole Slaw

## Vegetable

## Salads and Salad Dressings

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Cabbage, coarsely chopped.....	3 lb 8 oz...	1 gal 2 cups..	7 lb .....	2 1/4 gal .....	.....	1. Place all vegetables in large bowl and toss lightly to mix.
*Carrots, finely shredded ..	11 oz .....	2 3/4 cups .....	1 lb 6 oz...	1 qt 1 3/4 cups.	.....	
Dehydrated onions.....	.....	1/4 cup.....	.....	1/2 cup.....	.....	
<b>OR</b>						
*Fresh onions, finely chopped.....	7 oz .....	1 cup 2 Tbsp .	14 oz .....	2 1/4 cups.....	.....	2. Combine mayonnaisse or salad dressing, sugar, celery seed, dry mustard, and vinegar.
*Green pepper, chopped (optional) .....	2 3/4 oz.....	1/2 cup.....	5 1/2 oz.....	1 cup .....	.....	
Mayonnaisse or salad dressing.....	1 lb 1 1/2 oz.	2 1/4 cups .....	2 lb 3 1/2 oz.	1 qt 1/2 cup...	.....	
Sugar.....	.....	2 Tbsp .....	.....	1/4 cup.....	.....	3. Pour dressing over vegetables. Mix thoroughly.
Celery seed.....	.....	2 tsp .....	.....	1 Tbsp 1 tsp .	.....	
Dry mustard .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Vinegar .....	.....	2 Tbsp .....	.....	1/4 cup.....	.....	4. Cover. Refrigerate until ready to serve.
						5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable.

YIELD: 50 servings: about 3 3/4 quarts

100 servings: about 1 gallon 2 1/2 quarts

\*See marketing guide below.

## Nutrients Per Serving

Calories	86	Vitamin A	180 RE/1823 IU	Iron	0.3 mg
Protein	1 g	Vitamin C	15.8 mg	Calcium	21 mg
Carbohydrate	3 g	Thiamin	0.02 mg	Phosphorus	15 mg
Fat	8 g	Riboflavin	0.01 mg	Potassium	108 mg
Cholesterol	6 mg	Niacin	0.16 mg	Sodium	65 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Cabbage.....	4 lb 1 oz ....	8 lb 2 oz ....	.....
Carrots .....	1 lb .....	2 lb .....	.....
Mature onions .....	8 oz .....	1 lb .....	.....
Green peppers.....	3 1/2 oz .....	6 3/4 oz .....	.....



# Macaroni Salad

## Bread Alternate

## Salads and Salad Dressings

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water .....	.....	3 gal .....	.....	6 gal .....	.....	1. Heat water to rolling boil. Add salt.
Salt .....	.....	2 Tbsp 2 tsp ..	3½ oz .....	½ cup .....	.....	
Elbow macaroni .....	2 lb 10 oz..	2¼ qt .....	5 lb 4 oz...	1 gal 2 cups..	.....	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Mayonnaisse or salad dressing .....	1 lb 8 oz...	3 cups .....	3 lb .....	1½ qt .....	.....	
*Carrots, shredded .....	8 oz .....	2 cups .....	1 lb .....	1 qt .....	.....	3. Add mayonnaisse or salad dressing. Mix.
*Celery, chopped .....	8 oz .....	2 cups .....	1 lb .....	3¾ cups .....	.....	
*Fresh onions, chopped ..	4 oz .....	¾ cup .....	8 oz .....	1½ cups .....	.....	4. Add carrots, celery, onions, pickle relish, and seasonings. Toss lightly.
Sweet pickle relish, undrained .....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	
Black or white pepper ..	.....	1 tsp .....	.....	2 tsp .....	.....	5. Garnish with paprika.
Dry mustard .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	6. Cover. Refrigerate until ready to serve.
Paprika .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
						7. Portion with No. 8 scoop (½ cup).

SERVING: ½ cup (No. 8 scoop) provides 1 serving of bread alternate.

CACFP: ¼ cup (No. 16 scoop) provides 1 serving of bread alternate.

\*See marketing guide

YIELD: 50 servings: about 1½ gallons  
100 servings: about 3 gallons

# Macaroni Salad (Continued)

Salads and Salad Dressings

## Variation

### a. Macaroni and Ham Salad

50 servings: Follow steps 1-3. In step 4, use 3 lb 12 oz (2 qt 3½ cups) diced cooked ham. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, use 7 lb 8 oz (1 gal 1¾ qt) diced cooked ham. Continue with steps 5-7.

SERVING: ⅔ cup (No. 6 scoop) provides ¾ ounce of cooked lean meat and 1 serving of bread alternate.

## Nutrients Per Serving

Calories	179	Vitamin A	133 RE/1364 IU	Iron	0.8 mg
Protein	3 g	Vitamin C	1.1 mg	Calcium	14 mg
Carbohydrate	17 g	Thiamin	0.10 mg	Phosphorus	43 mg
Fat	11 g	Riboflavin	0.06 mg	Potassium	84 mg
Cholesterol	8 mg	Niacin	0.81 mg	Sodium	339 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Carrots	11½ oz	1 lb 7 oz	
Celery	9¾ oz	1 lb 3½ oz	
Mature onions	4½ oz	9 oz	

## Vegetable

## Salads and Salad Dressings

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Potatoes, as purchased...	9 lb .....	.....	18 lb .....	.....	.....	1. Steam potatoes at 5-6 pounds of pressure for 30-45 minutes, or boil for 30-40 minutes. Cool, peel, and dice into ½" cubes.
*Celery, chopped .....	1 lb .....	3¾ cups .....	2 lb .....	1 qt 3½ cups.	.....	2. Add all other ingredients. Mix lightly until well blended. Chill at least 1 hour before serving.
*Fresh onions, finely chopped .....	7 oz .....	1 cup 2 Tbsp.	14 oz .....	2¼ cups .....	.....	
Sweet pickle relish, undrained .....	6 oz .....	¾ cup .....	12 oz .....	1½ cups .....	.....	
Large eggs, hard-cooked, chopped (optional) .....	1 lb 5 oz...	12 .....	2 lb 10 oz..	24 .....	.....	
Mayonnaise or salad dressing .....	1 lb 8 oz...	3 cups .....	3 lb .....	1½ qt .....	.....	
Salt .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Black or white pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dry mustard .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
						3. Portion with No. 8 scoop (½ cup).

SERVING: ½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD: 50 servings: about 1½ gallons  
100 servings: about 3 gallons

\*See marketing guide below.

## Nutrients Per Serving

Calories	165	Vitamin A	2 RE/53 IU	Iron	0.4 mg
Protein	2 g	Vitamin C	9.9 mg	Calcium	13 mg
Carbohydrate	16 g	Thiamin	0.08 mg	Phosphorus	39 mg
Fat	11 g	Riboflavin	0.02 mg	Potassium	302 mg
Cholesterol	8 mg	Niacin	1.02 mg	Sodium	254 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Celery .....	1 lb 3½ oz ..	2 lb 7 oz ....	.....
Mature onions .....	8 oz .....	1 lb .....	.....



Meat/Meat Alternate-Vegetable-Bread Alternate	Salads and Salad Dressings

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) . . . . .	6 lb 7 oz . . . . .	.....	12 lb 14 oz . . . . .	.....	.....	1. Brown ground beef. Drain.
Dehydrated onions . . . . . OR	.....	.....	2 oz . . . . . OR	.....	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes.
*Fresh onions, chopped . . . . .	5 oz . . . . .	.....	10 oz . . . . .	.....	.....	
Garlic powder . . . . .	.....	.....	.....	.....	.....	
Black pepper . . . . .	.....	.....	.....	.....	.....	
Tomato paste . . . . .	14 oz . . . . .	.....	1 lb 12 oz . . . . .	.....	.....	
Water . . . . .	.....	.....	.....	.....	.....	
†Seasonings	.....	.....	.....	.....	.....	
Chili powder . . . . .	.....	.....	.....	.....	.....	
Ground cumin . . . . .	.....	.....	.....	.....	.....	
Paprika . . . . .	.....	.....	.....	.....	.....	
Onion powder . . . . .	.....	.....	.....	.....	.....	
*Lettuce, shredded . . . . .	4 lb . . . . .	.....	8 lb . . . . .	.....	.....	3. Combine lettuce and tomatoes. Toss lightly.
*Tomatoes, chopped . . . . .	1 lb 12 oz . . . . .	.....	3 lb 8 oz . . . . .	.....	.....	
Taco shell pieces . . . . . OR	2 lb 6 oz . . . . . OR	.....	4 lb 11 oz . . . . . OR	.....	.....	4. Serving suggestions: A. Assemble each salad as follows, or in preferred order: 1st layer: about ¾ oz (½ cup) taco shell pieces or 1 tostada shell 2nd layer: 1¾ oz (¾ cup) lettuce and tomato mixture 3rd layer: No. 16 scoop (¼ cup) meat mixture 4th layer: ½ oz (2 Tbsp 1 tsp) shredded cheese OR
Tostada shells (0.7 oz each) . . . . .	2 lb 3 oz . . . . .	.....	4 lb 6 oz . . . . .	.....	.....	
Cheddar cheese, shredded	1 lb 10 oz . . . . .	.....	3 lb 4 oz . . . . .	.....	.....	

\*See marketing guide



# Taco Salad (Continued)

## Salads and Salad Dressings

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>B. (1) Proportion 1½ oz (¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service.</p> <p>(2) Transfer meat mixture and taco shell pieces or tostada shells into steamtable pans. On each student tray, serve ¾ oz (½ cup) taco shell pieces or 1 tostada shell. Top with No. 16 scoop (¼ cup) meat mixture. Add 1 pre-portioned souffle cup of lettuce and tomato mixture and 1 pre-portioned souffle cup of shredded cheese. Instruct students to "build their own taco salad."</p>
						5. If desired, serve with taco sauce.

SERVING: 1 salad provides the equivalent of 2 ounces of cooked lean meat, ¾ cup of vegetable, and 1 serving of bread alternate.

YIELD: 50 servings: 50 salads  
100 servings: 100 salads

## Nutrients Per Serving

Calories	232	Vitamin A	70 RE/719 IU	Iron	3.1 mg
Protein	13 g	Vitamin C	8.0 mg	Calcium	57 mg
Carbohydrate	18 g	Thiamin	0.28 mg	Phosphorus	145 mg
Fat	12 g	Riboflavin	0.27 mg	Potassium	380 mg
Cholesterol	37 mg	Niacin	4.31 mg	Sodium	82 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions	5¾ oz	11½ oz	
Head lettuce	5 lb 6 oz	10 lb 10 oz	
Tomatoes	1 lb 12½ oz	3 lb 9 oz	

CACFP: 1/2 salad provides the equivalent of 1 ounce of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate.

# Three Bean Salad

## Vegetable

## Salads and Salad Dressings

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned kidney beans, drained .....	1 lb 2 oz...	¼ No. 10 can	2 lb 4 oz...	½ No. 10 can	.....	1. Rinse kidney beans in cold water and drain well.
Canned wax beans, drained .....	15 oz .....	¼ No. 10 can	1 lb 14 oz..	½ No. 10 can	.....	2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned cut green beans, drained .....	2 lb 5½ oz.	1 qt 3½ cups.	4 lb 11 oz..	1¼ No. 10 cans .....	.....	
• Fresh white or red onions, chopped .....	3 oz .....	½ cup .....	6 oz .....	1 cup .....	.....	
OR		OR		3 Tbsp .....	.....	
Dehydrated onions .....	.....	1 Tbsp 1½ tsp	.....	2½ cups .....	.....	
• Green pepper, chopped (optional) .....	6½ oz .....	1¼ cups .....	13 oz .....	1½ cups .....	.....	
Vegetable oil .....	.....	¾ cup .....	.....	1½ cups .....	.....	3. Combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix until well blended.
Vinegar .....	.....	¾ cup .....	.....	¾ cup .....	.....	
Sugar .....	2¼ oz .....	1 Tbsp .....	4½ oz .....	2 Tbsp .....	.....	
Flaked basil .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Black or white pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Garlic powder .....	.....	1 tsp .....	.....	.....	.....	
						4. Pour dressing over beans. Toss lightly to combine and coat evenly. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
						5. Mix lightly before serving.
						6. Portion with No. 16 scoop (¼ cup).

SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

• See marketing guide below.

YIELD: 50 servings: about 3¼ quarts

100 servings: about 1 gallon 2½ quarts

## Nutrients Per Serving

Calories	50	Vitamin A	11 RE/109 IU	Iron	0.6 mg
Protein	1 g	Vitamin C	1.6 mg	Calcium	13 mg
Carbohydrate	5 g	Thiamin	0.02 mg	Phosphorus	21 mg
Fat	3 g	Riboflavin	0.02 mg	Potassium	76 mg
Cholesterol	0 mg	Niacin	0.14 mg	Sodium	75 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions .....	3½ oz .....	7 oz .....	.....
Green pepper .....	8¼ oz .....	1 lb ½ oz ..	.....

Protein \_\_\_\_\_ 1 g Vitamin C \_\_\_\_\_ 1.6 mg Calcium \_\_\_\_\_ 13 mg  
 Carbohydrate \_\_\_\_\_ 5 g Thiamin \_\_\_\_\_ 0.02 mg Phosphorus \_\_\_\_\_ 21 mg  
 Fat \_\_\_\_\_ 3 g Riboflavin \_\_\_\_\_ 0.02 mg Potassium \_\_\_\_\_ 76 mg  
 Cholesterol \_\_\_\_\_ 0 mg Niacin \_\_\_\_\_ 0.14 mg Sodium \_\_\_\_\_ 75 mg

# Vegetarian Dip for Fresh Vegetables

## Salads and Salad Dressings

Ingredients	1 Quart		1 Gallon		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Plain lowfat yogurt	8¾ oz	1 cup	2 lb 3 oz	1 qt	.....	1. Combine all ingredients. Blend well.
Mayonnaise or salad dressing	1 lb 3½ oz	2½ cups	4 lb 15 oz	2½ qt	.....	
Reconstituted nonfat dry milk		½ cup		2 cups	.....	
Parsley flakes		2 Tbsp		½ cup	.....	2. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Garlic powder		¾ tsp		1 Tbsp	.....	
Onion powder		¾ tsp		1 Tbsp	.....	
Salt		1½ tsp		2 Tbsp	.....	3. Serve with raw vegetables or tossed green salads.
Black or white pepper		½ tsp		2 tsp	.....	

SERVING: 2 tablespoons (1-ounce ladle).

YIELD: 1 quart: about 32 1-ounce servings  
 1 gallon: about 128 1-ounce servings

## Nutrients Per Serving

Calories	132	Vitamin A	4 RE/73 IU	Iron	0.2 mg
Protein	1 g	Vitamin C	0.2 mg	Calcium	24 mg
Carbohydrate	1 g	Thiamin	0.01 mg	Phosphorus	21 mg
Fat	14 g	Riboflavin	0.02 mg	Potassium	36 mg
Cholesterol	11 mg	Niacin	0.02 mg	Sodium	218 mg



# French Dressing

## Salads and Salad Dressings

Ingredients	1 Quart		1 Gallon		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	.....	2 Tbsp .....	4 oz .....	½ cup 1 Tbsp .....	.....	1. Mix sugar, salt, dry mustard, and paprika.
Salt .....	.....	1 tsp .....	.....	1 Tbsp 1 tsp .....	.....	
Dry mustard .....	.....	1½ tsp .....	.....	2 Tbsp .....	.....	
Paprika .....	.....	1½ tsp .....	.....	2 Tbsp .....	.....	
Dehydrated onions .....	.....	1 Tbsp .....	.....	¼ cup .....	.....	2. Add onions.
Vegetable oil .....	.....	2¼ cups .....	.....	2¼ qt .....	.....	
Reconstituted frozen lemon juice concentrate .....	.....	½ cup .....	.....	2 cups .....	.....	3. Blend in oil, lemon juice, vinegar, and catsup in mixer at medium speed for 3 minutes.
Vinegar .....	.....	½ cup 2 Tbsp .....	.....	2½ cups .....	.....	
Catsup .....	5 oz .....	½ cup .....	1 lb 4 oz .....	2 cups .....	.....	
						4. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
						5. Stir or shake well before serving.

SERVING: 2 tablespoons (1-ounce ladle).

YIELD: 1 quart: about 32 1-ounce servings  
1 gallon: about 128 1-ounce servings

## Variation

### a. Honey French Dressing

Quart: In step 1, omit sugar. Use 2 Tbsp honey. Continue with steps 2-5.

Gallon: In step 1, omit sugar. Use ½ cup 1 Tbsp honey. Continue with steps 2-5.

## Nutrients Per Serving

Calories _____	146	Vitamin A _____	13 RE/128 IU	Iron _____	0.1 mg
Protein _____	Tr	Vitamin C _____	2.1 mg	Calcium _____	3 mg
Carbohydrate _____	3 g	Thiamin _____	0.01 mg	Phosphorus _____	5 mg
Fat _____	15 g	Riboflavin _____	0.01 mg	Potassium _____	30 mg
Cholesterol _____	0 mg	Niacin _____	0.10 mg	Sodium _____	120 mg



# Italian Dressing

## Salads and Salad Dressings

Ingredients	1 Quart		1 Gallon		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil.....	.....	3 cups .....	.....	3 qt.....	.....	1. Combine all ingredients in mixer bowl.
Reconstituted frozen lemon juice concentrate	.....	1/2 cup.....	.....	2 cups .....	.....	
Vinegar .....	.....	1/2 cup.....	.....	2 cups .....	.....	
Sugar .....	.....	1 Tbsp .....	.....	1/4 cup.....	.....	
Salt .....	.....	1 1/2 tsp .....	.....	2 Tbsp .....	.....	
Garlic powder.....	.....	3/4 tsp .....	.....	1 Tbsp .....	.....	
Dehydrated onions.....	.....	2 Tbsp .....	.....	1/2 cup.....	.....	
Seasonings	.....		.....		.....	
Flaked basil.....	.....	1 tsp .....	.....	1 Tbsp 1 tsp ..	.....	
Flaked oregano.....	.....	1 tsp .....	.....	1 Tbsp 1 tsp ..	.....	
Flaked marjoram.....	.....	3/4 tsp .....	.....	1 Tbsp .....	.....	2. Blend in mixer at medium speed for 3 minutes.
Flaked thyme .....	.....	1/4 tsp .....	.....	1 tsp .....	.....	
						3. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
						4. Stir or shake well before serving.

SERVING: 2 tablespoons (1-ounce ladle).

YIELD: 1 quart: about 32 1-ounce servings  
1 gallon: about 128 1-ounce servings

## Nutrients Per Serving

Calories	185	Vitamin A	1 RE/6 IU	Iron	0.1 mg
Protein	Tr	Vitamin C	1.5 mg	Calcium	3 mg
Carbohydrate	1 g	Thiamin	Tr	Phosphorus	2 mg
Fat	20 g	Riboflavin	Tr	Potassium	14 mg
Cholesterol	0 mg	Niacin	0.01 mg	Sodium	111 mg

# Thousand Island Dressing

## Salads and Salad Dressings

Ingredients	1 Quart		1 Gallon		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Mayonnalse or salad dressing.....	1 lb 5½ oz.	2¾ cups.....	5 lb 6 oz....	2¾ qt .....	..... .....	1. Combine mayonnalse or salad dressing and catsup. Blend well.
Catsup.....	8¼ oz.....	¾ cup 1 Tbsp	2 lb ½ oz..	3¼ cups.....		
Sweet pickle relish, undrained .....	2¼ oz.....	¼ cup.....	8¾ oz.....	1 cup .....	..... .....	2. Add pickle relish, onions, chopped eggs (optional), and plmlentos (optional). Mix well.
Dehydrated onions.....	.....	1½ tsp .....	.....	2 Tbsp .....		
Large eggs, hard-cooked, finely chopped (optional)	3½ oz.....	2 .....	14¼ oz....	8 .....	..... .....	3. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Plmlentos, chopped (optional).....	.....	2 Tbsp .....	4 oz .....	½ cup.....		
						4. Stir or shake well before serving.

SERVING: 2 tablespoons (1-ounce ladle).

YIELD: 1 quart: about 32 1-ounce servings  
1 gallon: about 128 1-ounce servings

## Nutrients Per Serving

Calories	147	Vitamin A	10 RE/156 IU	Iron	0.2 mg
Protein	Tr	Vitamin C	1 mg	Calcium	6 mg
Carbohydrate	3 g	Thiamin	0.01 mg	Phosphorus	9 mg
Fat	15 g	Riboflavin	0.01 mg	Potassium	38 mg
Cholesterol	11 mg	Niacin	0.12 mg	Sodium	197 mg

F--Sandwiches

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Sandwiches may be served hot or cold, closed or openfaced. Variation in the bread or rolls can provide variety in flavor, texture, size, and shape. Besides enriched white bread, use rye, pumpernickle, French, raisin, Italian, Boston brown, or cheese bread made with whole grain or enriched flour.

Hamburger rolls, frankfurter rolls, hard and soft rolls, pitas, English muffins, and bagels all make good sandwich bases. Breads with a relatively firm texture make good sandwiches for eating out-of-hand without bending or losing filling.

### DIRECTIONS FOR MAKING SANDWICHES

#### Pre-preparation

1. Have all ingredients ready to use:

- Pre-prepare all salad fillings and have them well-chilled. When not in use, continue to refrigerate. Set appropriate dipper (scoop) nearby to ensure correct portion control.

- If lettuce is desired, purchase dark green leaf lettuce; wash thoroughly; separate leaves, drain, and crisp. Allow 1 medium head for 25 whole sandwiches.

- Evenly slice foods such as tomatoes, cheese and meats. Cross-stack sliced ingredients such as cheese and meat for quick and easy pickup.

2. Allow plenty of space to work. One slice of bread or a bun takes up at least 4 square inches.

3. Assemble all equipment and ingredients in advance and place within easy reach toward back of table. Arrange ingredients in the order to be used.

#### Assembling 25 whole sandwiches (1/2 sandwich per serving)

1. Using both hands (gloved), grasp bread and drop off slices in 5 rows of 5 each.

2. With left hand, scoop a portion of sandwich filling into center of each slice.

3. With right hand, use a stroke of the spatula away from you and a stroke toward you to spread filling evenly to edges of bread. With left hand, place lettuce on filling.

4. With both hands, grasp bread and drop off a slice over each filled slice matching edges of bread. Stack sandwiches. Hold sandwiches together with thumb and first finger of left hand. Cut through stacks at one time with a sawing motion.

5. Cover with waxed paper and a damp cloth, to hold, under refrigeration, until serving time.

### SANDWICH MAKING—Continued

#### DIRECTIONS FOR MAKING SANDWICHES—Continued

5. Place sandwiches in sandwich bags or waxed paper or in pans with covers and refrigerate. For holding, stacks should be limited to 3 sandwiches so cold air of the refrigerator can penetrate the filling. Serve sandwiches the same day they are made.

### FOOD HANDLING PRECAUTIONS

1. Make sandwiches the day they are to be served.
2. Make prepared fillings only in such quantities as will be used during one serving period. Avoid leftovers. Never hold over any perishable protein foods or fillings.

3. Handle bread and fillings as little as possible during preparation. Avoid the use of hands in direct contact with foods if tools or equipment can do the job efficiently. Consider disposable plastic gloves as necessary equipment.
4. Avoid stacking sandwiches for refrigeration more than three high as this insulates the filling and prevents it from reaching the desired temperature as quickly as it should.

### SUGGESTED TOOLS AND EQUIPMENT

Cutting board  
Knives  
Mixing bowls  
Disposable plastic gloves  
Sandwich bags or waxed paper

Scoops or dippers  
Spatula  
Spoons  
Storage pans  
Trays

# CHICKEN OR TURKEY SALAD SANDWICHES

Sandwiches F

Ingredients	50 servings	For ____ servings	Directions
*Cooked chicken or turkey, chopped. (see card D-2).	2 quarts 1/2 cup.	.....	1. Combine all ingredients. Chill.
Hard-cooked eggs, chopped.	8 large.....	.....	
*Celery, chopped.....	1 quart.....	.....	
*Onions, chopped.....	1/3 cup.....	.....	
Sweet pickle relish, undrained.	1-1/3 cups.....	.....	
Lowfat mayonnaise.....	1-1/3 cups.....	.....	
Salt (optional).....	2 teaspoons.....	.....	
Bread, enriched or whole grain.	50 slices.....	.....	2. Portion chilled filling with a No. 1 scoop (1/2 cup) onto 25 slices of bread. Top with remaining slices. Stack sandwiches and cut in halves.

SERVING: 1/2 sandwich—provides the equivalent of 1 ounce cooked lean meat and a serving of bread

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## CHICKEN OR TURKEY SALAD SANDWICHES—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Ready-to-cook chicken.....	7 pounds.....	.....
or	or	
Ready-to-cook turkey.....	5 pounds 10 ounces.....	.....
Celery.....	1 pound 6-1/2 ounces.....	.....
Mature onions.....	2-1/4 ounces.....	.....

# PEANUT BUTTER SANDWICHES WITH FRUIT AND/OR VEGETABLE

Sandwiches F-3

Ingredients	50 servings	For ____ servings	Directions
Peanut butter.....	3-1/4 cups.....	.....	1. Mix peanut butter with fruit and/or vegetable.
*Apple, peeled, chopped....	3-1/4 cups.....	.....	
or	or	.....	
*Apricots, drained, chopped	3-1/4 cups.....	.....	
or	or	.....	
*Oranges, peeled, chopped..	3-2/3 cups.....	.....	
or	or	.....	
*Crushed pineapple, drained	3-1/3 cups.....	.....	
or	or	.....	
*Dried prunes, chopped....	3-1/2 cups.....	.....	
or	or	.....	
*Carrots, shredded.....	2 cups.....	.....	
and	and	.....	
Raisins.....	2 cups.....	.....	

\* See Buying Guide

## PEANUT BUTTER SANDWICHES WITH FRUIT AND/OR VEGETABLE—Continued

Ingredients	50 servings	For ____ servings	Directions
Bread enriched or whole grain.	50 slices.....	.....	2. Using a No. 20 scoop (or about 3 tablespoons) for the carrot-raisin filling, and No. 16 scoop (1/4 cup) for the other fillings, portion filling onto 25 slices of bread. Top with remaining slices. Stack sandwiches and cut in half.

SERVING: 1/2 sandwich—provides 1 tablespoon peanut butter, 1 tablespoon fruit and/or vegetable, and 1 serving of bread.

COST PER SERVING \_\_\_\_\_

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Apples.....	3-1/2 medium apples or 1 pound 2 ounces.	.....
or	or	.....
Canned apricot halves.....	2 pounds 15 ounces.....	.....
or	or	.....
Oranges.....	5 medium oranges or 2 pounds 5-1/2 ounces.	.....
or	or	.....
Canned crushed pineapple.....	2 pounds 6 ounces.....	.....
or	or	.....
Canned dried prunes, special purchase.	2 pounds 3-1/2 ounces.....	.....
or	or	.....
Carrots, without tops.....	9-1/2 ounces.....	.....



# PEANUT BUTTER SANDWICHES WITH FRUIT AND/OR VEGETABLE

Sandwiches 13

Ingredients	50 servings	For ____ servings	Directions
Peanut butter.....	3-1/4 cups.....	.....	1. Mix peanut butter with fruit and/or vegetable.
*Apple, peeled, chopped... or	3-1/4 cups..... or	.....	
*Apricots, drained, chopped or	3-1/4 cups..... or	.....	
*Oranges, peeled, chopped... or	3-2/3 cups..... or	.....	
*Crushed pineapple, drained or	3-1/3 cups..... or	.....	
*Dried prunes, chopped.... or	3-1/2 cups..... or	.....	
*Carrots, shredded..... and	2 cups..... and	.....	
Raisins.....	2 cups.....	.....	

\* See Buying Guide

## PEANUT BUTTER SANDWICHES WITH FRUIT AND/OR VEGETABLE—Continued

Ingredients	50 servings	For ____ servings	Directions
Bread enriched or whole grain.	50 slices.....	.....	2. Using a No. 20 scoop (or about 3 tablespoons) for the carrot-raisin filling, and No. 16 scoop (1/4 cup) for the other fillings; portion filling onto 25 slices of bread. Top with remaining slices. Stack sandwiches and cut in half.

SERVING: 1/2 sandwich—provides 1 tablespoon peanut butter, 1 tablespoon fruit and/or vegetable, and 1 serving of bread.

COST PER SERVING \_\_\_\_\_

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Apples.....	3-1/2 medium apples or 1 pound 2 ounces.	.....
or	or	.....
Canned apricot halves.....	2 pounds 15 ounces.....	.....
or	or	.....
Oranges.....	5 medium oranges or 2 pounds 5-1/2 ounces.	.....
or	or	.....
Canned crushed pineapple.....	2 pounds 6 ounces.....	.....
or	or	.....
Canned dried prunes, special purchase.	2 pounds 3-1/2 ounces.....	.....
or	or	.....
Carrots, without tops.....	9-1/2 ounces.....	.....



# Tuna Salad Sandwich

Meat-Bread

Sandwiches

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned tuna, water pack, chunk .....	8 lb 5 oz...	2 66½-oz cans .....	16 lb 10 oz.	4 66½-oz cans .....	.....	1. Drain and flake tuna.
Dehydrated onions .....	.....	¼ cup 2 Tbsp	2½ oz.....	¾ cup.....	.....	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and mayonnaise or salad dressing. Mix lightly until well blended.
Celery, chopped.....	2 lb.....	1 qt 3½ cups.	4 lb.....	3¾ qt.....	.....	
Sweet pickle relish, undrained .....	8¾ oz:.....	1 cup .....	1 lb 1½ oz.	2 cups .....	.....	
Dry mustard .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
Large eggs, hard cooked, chopped (optional) .....	14 oz .....	8 .....	1 lb 12½ oz	18 .....	.....	3. Cover and refrigerate until ready to use.
Mayonnaise or salad dressing.....	2 lb 11 oz..	1 qt 1½ cups.	5 lb 6 oz...	2¾ qt .....	.....	
*Bread.....	.....	100 slices.....	.....	200 slices.....	.....	4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.

SERVING: 1 sandwich provides 2 ounces of cooked fish and 2 servings of bread.

YIELD: 50 servings: About 1½ gallons  
100 servings: About 3 gallons

\*See marketing guide below.

CACFP: 1/2 sandwich provides 1 ounce of cooked fish and 2 servings bread.

## Nutrients Per Serving

Calories	396	Vitamin A	25 RE/144 IU	Iron	2.5 mg
Protein	21 g	Vitamin C	2.1 mg	Calcium	66 mg
Carbohydrate	29 g	Thiamin	0.23 mg	Phosphorus	174 mg
Fat	21 g	Riboflavin	0.19 mg	Potassium	299 mg
Cholesterol	52 mg	Niacin	9.45 mg	Sodium	467 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Celery .....	2 lb 7 oz .....	4 lb 13 oz ...	.....
Bread, sliced .....	3¼ sandwich loaves (2 lb each) .....	6½ sandwich loaves (2 lb each) .....	.....

# TOASTED CHEESE SANDWICH

Sandwiches F-

Ingredients	50 servings	For ____ servings	Directions
White bread, enriched or whole grain	50 slices-----	-----	<ol style="list-style-type: none"> <li>1. Grease pans with margarine or spray with non-stick coating.</li> <li>2. Lay out 25 slices of bread onto pans.</li> <li>3. Lay a slice of cheese onto each slice of bread.</li> <li>4. Top with second slice of bread.</li> <li>5. Brush top of bread with margarine.</li> <li>6. Grill or oven-grill, 400°F, 10 minutes. Turn and bake 5 minutes longer until browned.</li> <li>7. Cut diagonally into quarters, two per serving.</li> </ol>
Cheese-----	25 slices, 2	-----	
Margarine, melted-----	ounces each 1 cup (8 ounces)-----	-----	

SERVING: 1/2 sandwich—provides 1 ounce cheese, and two servings of bread (1 slice).

COST PER SERVING\_\_\_\_\_

## VARIATION

- Lowfat version: toast bread, omit margarine; bake in oven just until cheese melts.

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# CHICKEN OR TURKEY CHOWDER

Soups G-1

Ingredients	50 servings	For ____ servings	Directions
*Onions, chopped..... Oil.....	2-1/2 cups..... 1/4 cup.....	..... .....	1. Cook onions in oil in saucepot until tender.
*Potatoes, cut up..... *Carrots, diced..... Chicken or turkey broth.....	2-1/2 quarts..... 2-1/2 cups..... 2 quarts.....	..... ..... .....	2. Add potatoes, carrots, and broth. Boil gently about 20 minutes until vegetables are tender.
Lowfat milk..... Salt.....	2 quarts..... 1 tablespoon.....	..... .....	3. Add milk, salt, and meat. Heat but do not boil.
*Cooked chicken or turkey, chopped.	1 quart 1-1/4 cups.	.....	

SERVING: 1/2 cup provides 1/2 ounce cooked chicken or turkey meat and 1/4 cup vegetable.  
COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## CHICKEN OR TURKEY CHOWDER—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Mature onions.....	1 pound 1 ounce.....	.....
Potatoes.....	4 pounds 2 ounces.....	.....
Carrots, without tops.....	1 pound.....	.....
Ready-to-cook chicken.....	4 pounds 4 ounces.....	.....
or	or	
Ready-to-cook turkey.....	3 pounds 7-1/2 ounces.....	.....

# CHICKEN- OR TURKEY-VEGETABLE SOUP

Soups G

Ingredients	50 servings	For ____ servings	Directions
*Canned tomatoes.....	2 quarts.....	.....	1. Simmer vegetables and salt in liquid, about 35 minutes.
*Carrots, sliced.....	1 cup.....	.....	
*Onions, chopped.....	1 cup.....	.....	
*Celery, chopped.....	1/2 cup.....	.....	
Salt (optional).....	2 tablespoons.....	.....	
Vegetable or chicken or turkey broth.	2-1/2 quarts.....	.....	
*Frozen green peas.....	About 2 cups.....	.....	2. Add peas and cabbage. Cook 5 minutes.
*Cabbage, chopped.....	2 cups.....	.....	
*Cooked chicken or turkey, diced.	2 quarts 2-1/2 cups.	.....	3. Add chicken or turkey. Reheat.

SERVING: 1/2 cup—provides 1 ounce cooked chicken or turkey meat and 1/4 cup vegetable.

COST PER SERVING \_\_\_\_\_

## VARIATION

- a. BEEF-VEGETABLE SOUP: Add 2-1/2 quarts water and 2-1/2 teaspoons salt to 5 pounds cubed boneless stew beef. Simmer 2 hours until tender. Use beef broth in place of chicken or turkey broth and cooked meat in place of cooked poultry. One serving provides 1 ounce cooked lean meat and 1/4 cup vegetable.

- \* See Buying Guide

## CHICKEN- OR TURKEY-VEGETABLE SOUP—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Canned tomatoes.....	4 pounds 4 ounces.....	.....
Cabbage.....	8-1/4 ounces.....	.....
Carrots, without tops.....	5-1/2 ounces.....	.....
Mature onions.....	7 ounces.....	.....
Celery.....	2-3/4 ounces.....	.....
Frozen green peas.....	1 package (10 ounces).....	.....
Ready-to-cook chicken.....	8 pounds 9 ounces.....	.....
or	or	
Ready-to-cook turkey.....	6 pounds 15 ounces.....	.....

Ingredients	50 servings	For ____ servings	Directions
*Dry navy beans..... or *Dry split peas..... Salt (optional)..... Water.....	1 quart 1/2 cup..... or 1 quart..... 1 tablespoon..... 1 gallon 3 cups.....	..... ..... ..... .....	1. Wash and drain beans or peas. Add beans or peas and salt to water. Boil 2 minutes. Remove from heat, cover pot, and let stand for 1 hour. 2. Cook beans or peas by boiling gently about 45 minutes.
*Onions, chopped..... *Cooked ham, chopped.....	1-1/2 cups..... 3-1/4 cups.....	..... .....	3. Add onions and ham and cook 45 minutes more, until beans or peas are done. Mash some of the beans or peas, if desired.

SERVING: 1/3 cup—provides the equivalent of 1-1/2 ounces cooked lean meat.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

### NAVY BEAN OR SPLIT PEA SOUP—Continued

#### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Dry navy beans..... or Dry split peas..... Mature onions..... Cured ham, without bone.....	2 pounds..... or 1 pound 12-1/2 ounces..... 10-1/2 ounces..... 1 pound 4-1/2 ounces.....	..... ..... ..... .....





## H--Vegetables

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Prepare these fresh vegetables for baking as described below. Place vegetables in a single layer on baking pans. Schedule baking of vegetables so they will be served soon after they are cooked. Bake each vegetable for the shortest time necessary until tender. Use the timetable below as a guide.

### Preparation and Timetable for Baking Fresh Vegetables

Vegetable	Preparation	Approximate Baking Time	Oven Temperature
Potatoes or sweet potatoes	Scrub. Sort for size. Pierce skins. Bake in jackets.	1 hour or until done.	425 °F
Winter squash	Wash, cut in half. Remove seeds and fiber. Brush with melted butter or margarine and sprinkle with salt and brown sugar, if desired.	45 minutes covered; remove cover and bake 15 minutes longer until lightly browned.	400 °F
Butternut or Hubbard squash	Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut in half and remove seeds and fiber. Peel. Cut into pieces. Brush with melted butter or margarine and sprinkle with salt and brown sugar, if desired.	20 to 45 minutes covered; remove cover and bake 15 minutes longer until lightly browned.	400 °F

NOTE: Baking times for each vegetable can differ with variety, maturity, quantity, and size of vegetable.

# Cooking Fresh and Frozen Vegetables

## Vegetables

Schedule cooking of fresh and frozen vegetables so they will be served soon after they are cooked. Cook vegetables in small batches to prevent them from becoming broken or overcooked.

Loosely packed frozen vegetables, such as whole-kernel corn, can be cooked without thawing. Solid-pack frozen vegetables, such as spinach, should be thawed long enough to break apart easily and then cooked. Broccoli spears will cook more uniformly if they are partially thawed.

Wash fresh vegetables before cooking. Trim, pare, or cut as desired. Discard discolored parts, or tough ends or stems, as needed.

Cook vegetables only until tender crisp; they may continue to cook when held on a hot steamer or in a holding cabinet. Vegetables will become overcooked if held too long.

### Cooking Directions

#### To cook

1. Cook in covered stockpot or steam-jacketed kettle. Add fresh or frozen vegetables to boiling water. If desired, add 1 teaspoon salt for each 100 servings of vegetable.
2. After water boils again, reduce temperature and simmer. Use the following timetable as a guide to cooking time.
3. Drain cooked vegetables and place in serving pans.
4. Season with herbs and spices, as desired. Garnish. Serve.

#### To steam

1. Place fresh or frozen vegetables in a single layer in a steamer pan (12"x20"x2½").
2. Steam uncovered at 5 pounds pressure, using the following timetable as a guide. Follow manufacturer's directions for steamers operating at other pressures or when using pressureless steamers.
3. Drain cooked vegetables.
4. Season with herbs and spices, as desired. Sprinkle 1 teaspoon salt over each 100 servings of vegetable, if desired. Garnish. Serve.



## Vegetables

### Timetable for Cooking or Steaming Fresh and Frozen Vegetables

For 100 Servings, ¼ Cup Each

Vegetable (As Purchased)	Fresh or Frozen	Amount To Purchase (Pounds)	Ready To Cook (Pounds)	Boiling		Steaming Time at 5 Pounds Pressure (Minutes)
				Amount of Water (Quarts)	Cooking Time After Water Boils (Minutes)	
Asparagus:						
spears	Fresh	20.7	11.0	3¼	10 to 25	7 to 10
cuts and tips	Frozen	12.3	12.3	1¾	7 to 10	5 to 10
Beans or peas, blackeye	Fresh	19	9.7	2½	30 to 45	20 to 40
	Frozen	8.9	8.9	1¾	25 to 30	15 to 25
Beans, green, cut...	Fresh	9	7.9	1¾	15 to 30	20 to 30
	Frozen	8.7	8.7	1	10 to 20	10 to 15
Beans, lima:	Fresh	21.1	9.3	2½	15 to 25	15 to 20
Baby	Frozen	9.2	9.2	1½	12 to 15	10 to 15
Fordhook	Frozen	9.0	9.0	1½	6 to 12	12 to 20
Beet greens	Fresh	28.6	13.7	Water on leaves	15 to 25	15 to 25
Beets, whole for slicing	Fresh	13.0	9.5	To cover	45 to 60	60 to 75
Broccoli:						
spears	Fresh	10.6	8.6	2¼	10 to 20	7 to 10
	Frozen	10.4	10.4	1½	10 to 15	5 to 10
cut or chopped	Frozen	10.4	10.4	1½	8 to 20	10 to 20
Brussels sprouts	Fresh	11.7	8.9	6	10 to 20	5 to 12
	Frozen	9.6	9.6	1½	10 to 15	5 to 10
Cabbage (green and red):						
shredded	Fresh	7.3	6.5	1½	10 to 15	5 to 12
wedges	Fresh	11.8	10.6	1¾	15 to 20	12 to 20
Carrots:						
whole (for slicing)	Fresh	11.9	8.3	2¼	20 to 30	15 to 30
	Frozen	9.5	9.5	1	8 to 10	3 to 5
Cauliflower, flowerets	Fresh	11.3	7.0	4½	15 to 20	8 to 12
	Frozen	10.9	10.9	1½	10 to 12	4 to 5
Celery, 1" pieces	Fresh	12.4	10.3	3½	15 to 20	10 to 15
Chard	Fresh	15.8	14.5	Water on leaves	15 to 25	15 to 25
Collard greens	Fresh	9.6	7.1	3½	20 to 40	15 to 30
	Frozen	10.8	10.8	1¾	30 to 40	20 to 40
Corn:						
on cob (½ medium ear)	Fresh	27	17.6	6 or to cover	5 to 15	8 to 10
whole kernel	Frozen	9.1	9.1	1½	5 to 10	5 to 10

(Continued)

# Cooking Fresh and Frozen Vegetables (Continued)

Vegetables

## Timetable for Cooking or Steaming Fresh and Frozen Vegetables

For 100 Servings, 1/4 Cup Each

Vegetable (As Purchased)	Fresh or Frozen	Amount To Purchase (Pounds)	Ready To Cook (Pounds)	Boiling		Steaming	
				Amount of Water (Quarts)	Cooking Time After Water Boils (Minutes)	Pounds Pressure	Time at 5 (Minutes)
Eggplant, pieces or slices	Fresh	14.8	12.0	3 1/2	15 to 20		10 to 15
Kale	Fresh	8.5	5.7	2	25 to 45		15 to 35
	Frozen	10.6	10.6	1 1/4	20 to 30		15 to 30
Mustard greens	Fresh	7.6	7.1	Water on leaves	15 to 25		15 to 25
chopped	Frozen	8.6	8.6	1 1/4	20 to 30		15 to 20
Okra, whole	Fresh	10.3	9.0	2	10 to 15		8 to 15
	Frozen	8.5	8.5	1 1/4	3 to 5		3 to 5
Onions: Mature, quartered 1/4 large	Fresh	14.1	12.4	7	20 to 35		20 to 35
Parsnips, 3" pieces	Fresh	12.3	10.2	4 3/4	20 to 30		15 to 20
Peas and carrots	Frozen	9.2	9.2	1	8 to 10		3 to 5
Peas, green	Fresh	24.7	9.4	2	10 to 20		10 to 20
shelled	Frozen	9.9	9.9	1	5 to 10		3 to 5
Potatoes, whole	Fresh	11.3	9.2	5	30 to 45		30 to 45
Rutabagas, 1" cubes	Fresh	12	10.2	2 1/2	20 to 30		15 to 30
Soybeans, green	Fresh	14.5	9.4	1 1/4	10 to 20		
Spinach, leaf	Fresh	13.1	11.5	Water on leaves	10 to 20		4 to 8
	Frozen	15.3	15.3	1 1/4	5 to 10		5 to 10
Squash, summer, slices	Fresh	11.7	11.1	2	10 to 20		8 to 20
	Frozen	12.6	12.6	1	5 to 10		5 to 10
Squash, winter: Butternut, pieces	Fresh	13.3	11.2	5 1/4	15 to 30		15 to 20
mashed	Frozen	14.3	14.3				20 to 25 (covered)
Succotash	Frozen	10.6	10.6	2	6 to 15		12 to 20
Sweet potatoes, whole	Fresh	11.0	8.8	5	30 to 45		20 to 40
Turnip greens	Fresh	15.4	10.8	Water on leaves	15 to 25		15 to 25
chopped	Frozen	10.5	10.5	1 1/4	20 to 30		15 to 20
Turnips, 1" cubes	Fresh	11.5	9.1	2 3/4	15 to 20		10 to 15
Vegetables, mixed	Frozen	12.3	12.3	1	12 to 20		12 to 20

NOTE: Cooking times for fresh vegetables are approximate; they can differ with variety, maturity, quality, and size of vegetable.



Fresh vegetables should be stored in plastic bags in the refrigerator. Some fresh vegetables, such as asparagus, beans, brussels sprouts, greens, and peas, should be used as quickly as possible. Potatoes, both white and sweet, onions, and uncut squash should be stored in a cool dark place at 45-50° F just above refrigerator temperature. If they must be stored at room temperature, use within one week. Never store in the refrigerator; the starch will convert to sugar.

Prepare fresh vegetables either for serving raw or for cooking as shown below.

If insects are present in broccoli, brussels sprouts, cauliflower, or greens, soak the vegetable in cold salted water for 1/2 hour and drain before cooking or serving raw. Some of the hardier vegetables, such as potatoes, will need to be scrubbed with a vegetable brush to remove dirt from the crevices. If a cooked vegetable is to be served as a finger food, keep the pieces small enough to be picked up easily.

If the vegetables are to be served raw, cut into shapes and sizes that can easily be picked up, such as sticks 1/4 to 1/2 inch wide and 2 to 3 inches long. Raw vegetables which make good finger foods are starred.

## DIRECTIONS FOR PREPARING

**ASPARAGUS SPEARS**—Break off the tough lower ends of the stalk. Wash. If sandy under scales, scrape off scales. Brush gently with a soft brush. Swish in water.

**BEANS, BLACK EYE BEANS OR PEAS, OR LIMA**—Shell. (Scald pods to make shelling easier.) Rinse.

**BEANS, GREEN OR WAX**—Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces or slit lengthwise into thin strips.

**BEETS**—Remove tops, leaving 2-inch stems on beets. Wash. Remove stems, roots, and skin after cooking.

**BROCCOLI SPEARS**—Cut off tough stalk ends. Wash. Cut broccoli lengthwise, if thick, to speed cooking.

**BRUSSELS SPROUTS**—Remove discolored outer leaves. Wash. For cooked vegetable, cut an X in the stem end to hasten cooking.

## PREPARING FRESH VEGETABLES—Continued

### DIRECTIONS FOR PREPARING—Continued

\***CABBAGE**—Remove discolored outer leaves. Wash thoroughly. Quarter and core. Crisp in cold water, if wilted. Shred or cut into 1/2-inch wedges.

\***CARROTS**—Wash. Scrape or peel with vegetable peeler. Cut off ends. Chop or cut into slices or sticks.

\***CAULIFLOWER**—Remove outer leaves and stalks. Break into flowerets. Wash.

\***CELERY**—Separate branches; wash celery and scrub grooves with brush. Trim off root and blemishes. Chop, slice, or cut into sticks. For a finger food, fill with peanut butter, low-fat cottage cheese or cream cheese (thinned slightly with milk). Pimientos may be added to cream cheese for color or extra flavor. Well-drained, crushed pineapple is also an option.

**CORN ON COB**—Husk; remove silks. Rinse; do not allow to stand in water.

**EGGPLANT**—Wash. Pare and cut into pieces or slices.

**GREEN LEAFY VEGETABLES (BEET GREENS, CHARD, COLLARDS, KALE, MUSTARD GREENS, TURNIP GREENS)**—Wash greens in one or more lots of tap water until there is no sand on the leaves. Lift greens out of water instead of pouring off water. Strip leaves from tough stems and discard any discolored leaves.

**OKRA**—Wash, leaving small pods whole, and thickly slice the large ones.

**ONIONS, MATURE**—Peel; rinse. Quarter, if large, or cut as desired.

**PARSNIPS**—Wash. Pare. Quarter lengthwise and cut as desired.

**PEAS, GREEN**—Shell. Rinse.

\***PEPPERS, GREEN**—Wash, cut out stem or blossom end and remove seeds and fibrous portion. Wash the inside and cut or chop as desired.

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DIRECTIONS FOR PREPARING—Continued

**POTATOES**—Wash, scrubbing with vegetable brush. Cook in skins or pare. Remove eyes; cut potatoes to serving size.

**PUMPKIN**—Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling 10 minutes.)

**RADISHES**—Wash, trim off root and stem end. Cut as desired or leave whole.

**RUTABAGAS**—Wash. Pare and cut as desired.

**SPINACH**—Sort. Wash thoroughly. Cut off tough stems. Discard yellow and damaged leaves.

**SQUASH, SUMMER**—Wash, cut off stem and blossom ends. Trim as desired. It is not necessary to peel summer squash. Slice or chop.

**SQUASH, WINTER**—Wash, cut in half with a heavy bladed knife. Remove seeds, fiber, and peel. Cut into serving pieces. (If peel is hard and tough, soften by steaming or boiling 8 to 10 minutes.)

**SWEET POTATOES**—Scrub, using brush. Cook in skins.

**TOMATOES**—Wash. Cut out core and cut into quarters, wedges, or slices. Tomatoes may be peeled by scalding. Dip the tomatoes, uncut, into boiling water for 1/2 to 1 minute. Plunge into cold water and slip off skin. After peeling, core and cut as desired.

**TURNIPS**—Wash. Pare and cut as desired. For finger foods, cut into sticks.

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# HEATING CANNED VEGETABLES

Vegetables H-4

Schedule heating of canned vegetables so they will be served soon after they are heated. Prepare in lots small enough to prevent vegetables from becoming broken or overcooked.

For amount of canned vegetable to buy for 50 1/4-cup servings of vegetable, see table.

## DIRECTIONS FOR HEATING

1. Drain off half the liquid from canned vegetables; use it for soups, stews, and gravies.
2. Transfer vegetables and remaining liquid to a saucepan or stockpot. Heat only long enough to bring to serving temperature.
3. Drain vegetables and place in serving pans.

## HEATING CANNED VEGETABLES—Continued

### Amount to Buy

Vegetable and description	Amount to buy		Vegetable and description	Amount to buy	
	<i>Pounds - Ounces</i>			<i>Pounds - Ounces</i>	
Asparagus			Kale.....	10	10
Spears.....	9	6	Mustard greens.....	9	9
Cuts and tips.....	8	9	Okra, cut or whole.....	8	4
Beans, green or wax.....	6	4	Okra with tomatoes.....	6	10
Beans, lima, green.....	6	14	Peas and carrots.....	6	14
Beets			Peas, green.....	7	6
Diced.....	6	13	Potatoes, small whole.....	6	14
(Harvard or plain)			Sauerkraut.....	6	5
Shoestring or sliced.....	7	3	Spinach.....	10	4
Whole, baby beets.....	6	11	Squash		
(pickled or plain)			Summer, sliced.....	8	4
Blackeye peas, green.....	8	4	Winter, mashed.....	6	9
Carrots, diced or sliced.....	6	9	Succotash.....	8	3
Collards.....	10	9	Sweetpotatoes		
Corn			Sirup pack.....	7	5
Cream style.....	7	2	Vacuum pack.....	6	—
Whole kernel			Tomatoes.....	6	11
Vacuum.....	5	13	Turnip greens.....	10	9
Wet pack.....	7	6	Vegetables, mixed.....	6	10

# PREPARING INSTANT MASHED WHITE POTATOES AND SWEET POTATOES

Vegetables H-5

Ingredients	50 servings	For ____ servings	Directions
<b>WHITE POTATO FLAKES</b>			
Boiling water.....	2 quarts.....	.....	1. Pour liquids into mixing bowl. Add margarine.
Lowfat warm milk.....	3-1/2 cups.....	.....	2. Pour flakes and salt into liquids and margarine.
Margarine.....	1/3 cup.....	.....	3. Stir 1/2 minute to moisten potatoes. Beat 1/2 minute until smooth.
*Potato flakes.....	2-1/4 quarts.....	.....	4. Serve with No. 16 scoop (1/4 cup).
Salt.....	2 teaspoons.....	.....	
<b>WHITE POTATO GRANULES</b>			
Boiling water.....	2 quarts.....	.....	1. Pour liquids into mixing bowl. Add margarine.
Lowfat warm milk.....	2-3/4 cups.....	.....	2. Pour granules and salt into liquids and margarine.
Margarine.....	1/3 cup.....	.....	3. Stir 1/2 minute to moisten potatoes. Beat 1 minute until fluffy.
*Potato granules.....	2-2/3 cups.....	.....	4. Serve with No. 16 scoop (1/4 cup).
Salt.....	2 teaspoons.....	.....	

\* See Buying Guide

## PREPARING INSTANT MASHED WHITE POTATOES AND SWEET POTATOES-Continued

Ingredients	50 servings	For ____ servings	Directions
<b>SWEET POTATO FLAKES</b>			
*Sweet potato flakes.....	2-3/4 quarts.....	.....	1. Combine ingredients and stir until flakes are well moistened.
Margarine.....	3/4 cup.....	.....	2. Let stand 10 minutes before serving.
Salt.....	2 teaspoons.....	.....	3. Serve with No. 16 scoop (1/4 cup).
Boiling water.....	2-3/4 quarts.....	.....	

SERVING: 1/4 cup—provides 1/4 cup vegetable.

COST PER SERVING (white potatoes)\_\_\_\_\_

COST PER SERVING (sweet potatoes)\_\_\_\_\_

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Dehydrated low moisture potato flakes or granules.	1 pound 3 ounces.....	.....
Dehydrated low moisture sweet potato flakes.	2 pounds 15 ounces.....	.....

# BAKED SWEET POTATOES AND APPLES

Vegetables H-6

Ingredients	50 servings	For ____ servings	Directions
*Tart apples, pared, sliced.	1 quart.....	.....	1. Place apples in a greased baking pan (about 12 by 20 by 2 inches); cover with sweet potatoes. 2. Sprinkle with sugar and salt, dot with margarine.
*Cooked sweet potatoes, sliced	3 quarts.....	.....	
Brown sugar, packed.....	1-1/2 cups.....	.....	
Salt.....	1 teaspoon.....	.....	
Margarine.....	1/4 cup.....	.....	3. Add water. 4. Bake 1 hour at 350° F (moderate oven).
Water.....	1/4 cup.....	.....	

SERVING: 1/4 cup—provides 1/4 cup vegetable and fruit.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

## BAKED SWEET POTATOES AND APPLES—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Apples.....	1 pound 5 ounces.....	.....
Sweet potatoes.....	6 pounds 8 ounces.....	.....

Ingredients	50 servings	For ____ servings	Directions
*Potatoes, pared, cut up... Water.....	1 gallon 2 cups... 2-1/2 quarts.....	..... .....	1. Boil potatoes about 25 minutes until tender. Drain. 2. Mash in mixer on low speed until smooth.
Hot lowfat milk..... Salt..... Margarine, melted.....	1-3/4 cups..... 1 tablespoon..... 1/4 cup.....	..... ..... .....	3. Gradually add just enough milk to moisten. Add salt and margarine while beating on low speed 4. Mix on high speed until blended and potatoes are light and fluffy. 5. Serve with a No. 16 scoop (1/4 cup).

SERVING: 1/4 cup—provides 1/4 cup vegetable.

COST PER SERVING \_\_\_\_\_

\* See Buying Guide

### MASHED POTATOES—Continued

#### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
Potatoes.....	7 pounds 6 ounces.....	.....



# VEGETABLE MEDLEY

Vegetables H-8

Ingredients	50 servings	For ____ servings	Directions
*Asparagus, cuts and tips..	1-1/4 quarts.....	.....	1. Cook vegetables in boiling water 5 to 8 minutes until tender. 2. Drain vegetables; reserve cooking liquid. Place vegetables in a baking pan (about 12 by 20 by 2 inches).
*Carrots, sliced.....	1-1/4 quarts.....	.....	
*Cauliflower florets, sliced..	1-1/4 quarts.....	.....	
*Peas, green.....	1 quart.....	.....	
Boiling water.....	1-3/4 cups.....	.....	3. Add margarine, salt, and sugar to liquid. Heat to boiling. 4. Blend cornstarch with water and stir into boiling liquid. Cook, stirring constantly, until thickened. 5. Pour sauce over vegetables. Stir gently.
Margarine.....	1/4 cup.....	.....	
Salt.....	1 tablespoon.....	.....	
Sugar.....	1 tablespoon.....	.....	
Vegetable liquid and water.	1-3/4 cups.....	.....	
Cornstarch.....	2 tablespoons.....	.....	
Water.....	1/4 cup.....	.....	

SERVING: 1/4 cup—provides 1/4 cup vegetable.

COST PER SERVING \_\_\_\_\_

## VARIATION

\*a. **VEGETABLE MEDLEY WITH GREEN BEANS:** In place of asparagus, use 1-1/2 quarts drained canned cut green beans. In place of carrots and peas, use 1 quart drained, canned peas and carrots. For steps 1 and 2, drain canned vegetables and cook the cauliflower in 1 cup of drained vegetable liquid. Drain cauliflower and add enough reserved vegetable liquid to make 1-3/4 cups. Proceed with step 3. After sauce and vegetables have been combined, heat to serving temperature. Serving is same as for basic recipe.

\* See Buying Guide

## VEGETABLE MEDLEY—Continued

### BUYING GUIDE FOR SELECTED ITEMS

Food as purchased	50-serving recipe	For ____-serving recipe
<b>Basic recipe</b>		
Asparagus, cuts and tips, fresh..	2 pounds 11 ounces.....	.....
or	or	.....
Asparagus, cuts and tips, frozen..	1 pound 8 ounces.....	.....
Carrots, without tops.....	1 pound 10-1/2 ounces.....	.....
or	or	.....
Carrots, sliced, frozen.....	1 pound 7 ounces.....	.....
Cauliflower, fresh florets.....	2 pounds.....	.....
or	or	.....
Cauliflower, frozen florets.....	1 pound 2 ounces.....	.....
Peas, shelled, fresh.....	1 pound 3-1/2 ounces.....	.....
or	or	.....
Peas, frozen.....	1 pound 4-1/2 ounces.....	.....
<b>Variation a</b>		
Canned cut green beans.....	2 pounds 14 ounces.....	.....
Canned peas and carrots.....	2 pounds 3 ounces.....	.....

# Seasoning Vegetables (With Herbs and Spices)

## Vegetables

Vegetables can be made more appealing with herbs, spices, and other seasonings. Seasoning vegetables with herbs and spices reduces the need for added salt. Try the suggestions below to enhance the natural flavor of vegetables.

Use	To season
Allspice	.....Winter squash, sweet potatoes
Basil	.....Cabbage, carrots, green peas, spinach, tomatoes
Caraway	.....Beets, cabbage, cauliflower, green beans, wax beans, zucchini
Cardamom	.....Winter squash, sweet potatoes
Celery seed	.....Cabbage, carrots, cauliflower, celery, sauerkraut, tomatoes
Chili powder	.....Corn, tomatoes
Cinnamon	.....Beets, carrots, sweet potatoes, onions, tomatoes
Curry	.....Cabbage, celery, lima beans

Use	To season
Dill seed	.....Beets, cabbage, carrots, cauliflower, celery, green beans, green peas, wax beans
Garlic powder	..Green leafy vegetables, tomatoes
Lemon juice	....Green leafy vegetables, broccoli, cauliflower
Mace	.....Cauliflower
Marjoram	.....Broccoli, carrots, cauliflower, green peas, spinach, zucchini
Mint	.....Carrots, green peas, spinach
Mustard seed	...Cabbage
Nutmeg	.....Celery, spinach, winter squash

Use	To season
Onion powder	..Cabbage, green beans
Oregano	.....Green peas, tomatoes, zucchini
Parsley	.....Tomatoes, corn
Rosemary	.....Cauliflower, spinach, turnips
Red pepper	....Celery
Sage	.....Green beans, onions, tomatoes, wax beans
Tarragon	.....Cauliflower
Thyme	.....Carrots, celery
Vinegar	.....Green leafy vegetables

## Meat Alternate or Vegetable

## Vegetables

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned vegetarian beans	14 lb 10 oz.	1 gal 2½ qt ..	29 lb 4 oz ..	4¼ No. 10 cans .....	.....	1. Pour 14 lb 10 oz (1 gal 2½ qt) canned vegetarian beans into each steamtable pan (12"x20"x4"). For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
Dehydrated onions..... OR • Fresh onions, chopped ... Molasses..... Dry mustard..... Brown sugar, packed ... Water..... Tomato paste..... Ham, diced (optional) ....	2¼ oz..... OR 1 lb 8 oz.... 11 oz..... ..... 3¾ oz..... ..... 9½ oz..... 1 lb.....	¾ cup..... OR 1 qt..... 1 cup..... 2 Tbsp..... ½ cup..... 2 cups..... 1 cup..... 3 cups.....	5¼ oz..... OR 3 lb..... 1 lb 6 oz.... ..... 7½ oz..... ..... 1 lb 2½ oz.. 2 lb.....	1½ cups..... OR 2 qt..... 2 cups..... ¼ cup..... 1 cup..... 1 qt..... 2 cups..... 1 qt 2¼ cups.	..... ..... ..... ..... ..... ..... ..... .....	2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend well.
						3. Pour 2 lb 11 oz (1 qt 1¼ cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.
						4. Bake: Conventional oven: 350 °F for 2¼ hours Convection oven: 325 °F for 1¼ hours Remove cover during last ½ hour of baking to brown the beans.
						5. Portion with 4-oz ladle (½ cup).

SERVING: ½ cup (4-ounce ladle) provides ½ cup of cooked dry beans.

YIELD: 50 servings: 1 steamtable pan  
100 servings: 2 steamtable pans

\* See marketing guide below.

## Nutrients Per Serving

Calories	151	Vitamin A	36 RE/350 IU	Iron	1.0 mg
Protein	7 g	Vitamin C	6.1 mg	Calcium	89 mg
Carbohydrate	34 g	Thiamin	0.21 mg	Phosphorus	149 mg
Fat	1 g	Riboflavin	0.10 mg	Potassium	517 mg
Cholesterol	0 mg	Niacin	0.78 mg	Sodium	533 mg

## Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions .....	1 lb 11½ oz .	3 lb 7 oz .....	.....



# Chinese Style Vegetables

## Vegetable

## Vegetables

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Assorted frozen and/or fresh vegetables ..... GROUP A Broccoli Carrots Cauliflower Celery Onions GROUP B Cabbage Green beans Green peas Yellow summer squash Zucchini Optional vegetables Bean sprouts Snow peas Red or green peppers Pimientos Water chestnuts	6 lb 4 oz....	.....	12 lb 8 oz...	.....	.....	1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 3. Clean, slice, and cut vegetables into bite-size pieces.
Water.....	.....	1/2 cup.....	.....	1 cup.....	.....	2. Combine water, soy sauce, and garlic powder. Set aside for step 6.
Soy sauce.....	.....	1/4 cup.....	.....	1/2 cup.....	.....	
Garlic powder.....	.....	2 tsp.....	.....	1 Tbsp 1 tsp.	.....	
Vegetable oil.....	.....	1/2 cup.....	.....	1 cup.....	.....	3. Heat oil in steam-jacketed kettle.
Black pepper.....	.....	1/2 tsp.....	.....	1 tsp.....	.....	4. Add pepper to oil and stir.
						5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.



Vegetables

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
						7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable.
						8. Pour into serving pans.
						9. Portion 1/4 cup per serving.

SERVING: 1/4 cup provides 1/4 cup of vegetable.

YIELD: 50 servings: about 3 3/4 quarts  
100 servings: about 2 gallons

Nutrients Per Serving\*

Calories	37	Vitamin A	247 RE/2345 IU	Iron	0.5 mg
Protein	1 g	Vitamin C	18.6 mg	Calcium	18 mg
Carbohydrate	4 g	Thiamin	0.03 mg	Phosphorus	23 mg
Fat	2 g	Riboflavin	0.03 mg	Potassium	143 mg
Cholesterol	0 mg	Niacin	0.20 mg	Sodium	121 mg

\*Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, onion, and canned bean sprouts are used in the nutrient calculation.

# Corn Pudding (Continued)

Vegetables

## NOTE:

50 servings: Use 6½ oz (2¼ cups) dried whole eggs and 2¼ cups water in place of shell eggs.

100 servings: Use 12½ oz (1 qt ¼ cup) dried whole eggs and 1 qt ¼ cup water in place of shell eggs.

## Nutrients Per Serving

Calories	108	Vitamin A	44 RE/199 IU	Iron	0.8 mg
Protein	4 g	Vitamin C	2.6 mg	Calcium	23 mg
Carbohydrate	16 g	Thiamin	0.07 mg	Phosphorus	70 mg
Fat	4 g	Riboflavin	0.10 mg	Potassium	130 mg
Cholesterol	74 mg	Niacin	0.76 mg	Sodium	212 mg

# Corn Pudding

## Meat Alternate-Vegetable

## Vegetables

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Reconstituted nonfat dry milk .....	11 oz .....	2 cups .....	.....	1 qt .....	.....	1. Combine milk, flour, eggs, butter or margarine, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix for 3 minutes on low speed.
All-purpose flour .....	1 lb 7 oz...	2 1/2 cups .....	1 lb 6 oz...	1 1/4 qt .....	.....	
Large eggs, beaten (see note) .....	.....	13 .....	2 lb 12 oz..	25 .....	.....	
Butter or margarine, melted .....	4 oz .....	1/2 cup .....	8 oz .....	1 cup .....	.....	
Sugar .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Black or white pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	2. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.
Ground nutmeg (optional) .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Canned whole-kernel corn, drained .....	2 lb 3 oz...	1/2 No. 10 can .....	4 lb 6 oz...	1 No. 10 can ..	.....	
Canned cream style corn .....	4 lb 2 oz...	1 qt 3/4 cups ..	8 lb 4 oz...	1 1/4 No. 10 cans .....	.....	
Dehydrated onions (optional) .....	.....	1/2 cup .....	2 1/4 oz .....	2/3 cup .....	.....	
						3. Pour 9 lb 9 oz (1 gal 2 cups) into each steamtable pan (12"x20"x2 1/2"), which has been lightly greased. For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
						4. Bake until lightly browned: Conventional oven: 375 °F for 50-60 minutes Convection oven: 325 °F for 30-40 minutes
						5. Cut each pan 5x10 (50 pieces per pan).

SERVING: 1 piece provides 1/4 large egg and 1/4 cup of vegetable.

YIELD: 50 servings: 1 steamtable pan  
100 servings: 2 steamtable pans



# Orange Glazed Sweet Potatoes

Vegetable

Vegetables

Ingredients	50 Servings		100 Servings		For — Servings	Directions
	Weight	Measure	Weight	Measure		
Canned cut sweet potatoes, with light syrup .....	8 lb 7 oz...	1 ¼ No. 10 cans .....	16 lb 14 oz.	2 ½ No. 10 cans .....	.....	1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3.
						2. Place 5 lb 9 oz (3 ½ qt) sweet potatoes into each steamtable pan (12"x20"x2 ½"). For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
Butter or margarine .....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	3. For glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Brown sugar, packed .....	5 ¼ oz .....	½ cup 3 Tbsp	10 ½ oz ....	1 ¼ cups 2 Tbsp .....	.....	
Undiluted frozen orange juice concentrate .....	7 oz .....	¾ cup .....	14 oz .....	1 ½ cups .....	.....	
Ground nutmeg (optional) .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Ground cinnamon .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Raisins (optional) .....	5 oz .....	1 cup .....	10 oz .....	2 cups .....	.....	4. Bring to boil. Remove from heat. Add raisins (optional).
						5. Pour 2 ¾ cups glaze over each pan of sweet potatoes. Bake: Conventional oven: 375 °F for 20-30 minutes Convection oven: 325 °F for 15-20 minutes
						6. Portion ¼ cup per serving.

SERVING: ¼ cup provides ¼ cup of vegetable.

YIELD: 50 servings: 1 steamtable pan  
100 servings: 2 steamtable pans



## Variation

### a. Orange Glazed Carrots

50 servings: Omit step 1. In step 2, omit sweet potatoes. Use 5 lb 5 oz (1¼ No. 10 cans) drained sliced carrots. In step 3, omit sweet potato liquid. Use 1 cup water mixed with 2 Tbsp 2 tsp cornstarch. Continue with steps 4-6.

100 servings: Omit step 1. In step 2, omit sweet potatoes. Use 10 lb 10 oz (2½ No. 10 cans) drained sliced carrots. In step 3, omit sweet potato liquid. Use 2 cups water mixed with ½ cup cornstarch. Continue with steps 4-6.

## Nutrients Per Serving

Calories	102	Vitamin A	456 RE/3,361 IU	Iron	0.8 mg
Protein	1 g	Vitamin C	11.6 mg	Calcium	16 mg
Carbohydrate	20 g	Thiamin	0.03 mg	Phosphorus	24 mg
Fat	2 g	Riboflavin	0.04 mg	Potassium	180 mg
Cholesterol	5 mg	Niacin	0.28 mg	Sodium	53 mg

# Refried Beans

Meat Alternate or Vegetable

Vegetables

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned pinto beans, drained .....	7 lb 3 oz...	1 1/4 No. 10 cans .....	14 lb 6 oz...	2 1/2 No. 10 cans .....	.....	1. Place beans, stock, oil, and seasonings (optional) in mixer. Blend on medium speed for 3-5 minutes until smooth or to desired consistency.
OR	OR	OR	OR	OR	.....	
*Cooked dry pinto beans, drained (see preparation note) .....	4 lb 13 oz..	3 1/4 qt .....	9 lb 10 oz..	1 gal 2 1/2 qt ..	.....	
Chicken or bean stock ..	.....	1 cup .....	.....	2 cups .....	.....	
Vegetable oil .....	.....	1/2 cup .....	.....	1 cup .....	.....	
Seasonings (optional)						
Chili powder .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	2. Pour approximately 3 1/2 qt mixture into each steamtable pan (12"x20"x2 1/2"), which has been lightly oiled. For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
Ground cumln .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Paprika .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
						3. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 300 °F for 20 minutes
Cheddar cheese, shredded	11 oz .....	3 1/4 cups .....	1 lb 6 oz...	1 qt 2 1/4 cups.	.....	4. Sprinkle 11 oz (3 1/4 cups) cheese over each pan.
						5. Portion with No. 16 scoop (1/4 cup).

SERVING: 1/4 cup (No. 16 scoop) provides 1/4 cup of cooked dry beans.

YIELD: 50 servings: 1 steamtable pan  
100 servings: 2 steamtable pans

\*See marketing guide

**PREPARATION NOTE:****SOAKING BEANS**

**Overnight method:** Add 1¾ qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

**Quick-soak method:** Boil 1¾ qt of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

**COOKING BEANS**

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = about 2½ cups dry or 6¼ cups cooked beans.

**Nutrients Per Serving**

Calories	104	Vitamin A	19 RE/70 IU	Iron	1.2 mg
Protein	5 g	Vitamin C	0 mg	Calcium	64 mg
Carbohydrate	11 g	Thiamin	0.03 mg	Phosphorus	103 mg
Fat	4 g	Riboflavin	0.05 mg	Potassium	179 mg
Cholesterol	6 mg	Niacin	0.26 mg	Sodium	70 mg

**Marketing Guide for Selected Items**

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ____ Serving Recipe
Pinto beans, dry	2 lb ½ oz ...	4 lb 1 oz ....	.....



# Scalloped Potatoes (Using Dehydrated Sliced Potatoes)

## Vegetable

## Vegetables

Ingredients	50 Servings		100 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Dehydrated sliced potatoes .....	2 lb 4 oz...	1 gal 1½ qt ..	4 lb 8 oz...	2¾ gal .....	.....	1. Rehydrate potatoes according to package instructions or cover potatoes with hot tap water. Let stand for 5 minutes. Drain well.
						2. Place 2 lb 10 oz (3 qt) potatoes into each steamtable pan (12"x20"x2½"), which has been lightly greased. For 50 servings, use 2 steamtable pans. For 100 servings, use 4 steamtable pans. Set aside for step 6.
Butter or margarine .....	6 oz .....	¾ cup .....	12 oz .....	1½ cups .....	.....	3. Melt butter or margarine. Add onions and cook over medium heat for 5-10 minutes.
Dehydrated onions .....	.....	½ cup .....	3½ oz .....	1 cup .....	.....	
OR						
Fresh onions, chopped .....	14 oz .....	2¼ cups .....	1 lb 12 oz...	1 qt ¾ cup...	.....	
All-purpose flour .....	6¾ oz .....	1½ cups .....	13½ oz .....	3 cups .....	.....	4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Reconstituted nonfat dry milk .....						5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Salt .....	.....	1½ gal .....	.....	3 gal .....	.....	
Black or white pepper .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Parsley flakes (optional) ..	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
		½ cup .....	.....	1 cup .....	.....	6. Pour 3 qt liquid mixture over potatoes in each pan. Stir to combine.
Butter or margarine, melted (optional) .....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	7. Optional topping: Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 8 oz (1½ cups) per pan.
Bread crumbs, dry (optional) .....	12 oz .....	3¾ cups .....	1 lb 8 oz...	1 qt 2¼ cups.	.....	8. Bake until evenly golden brown on top: Conventional oven: 350 °F for 45-60 minutes Convection oven: 300 °F for 35-45 minutes

\* See marketing guide



## Vegetables

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
						9. Hold for 30 minutes on a 180-190 °F steamtable to allow sufficient time for mixture to set up properly.
						10. Portion with No. 8 scoop (½ cup).

SERVING: ½ cup provides ½ cup of vegetable.

YIELD: 50 servings: 2 steamtable pans  
100 servings: 4 steamtable pans

## Variation

### a. Scalloped Potatoes (Using Fresh Potatoes)

50 servings: Omit step 1. In step 2, use 8 lb 2 oz (1½ gal) fresh potatoes, peeled and thinly sliced. Place 4 lb 1 oz (3 qt) potatoes into each steamtable pan. Continue with steps 3 and 4. In step 5, use 1 gal milk. In step 6, pour 2¼ qt liquid mixture over potatoes in each pan. Continue with step 7. In step 8, bake: Conventional oven: 350 °F for 50-65 minutes; convection oven: 300 °F for 40-50 minutes. Continue with steps 9 and 10.

100 servings: Omit step 1. In step 2, use 16 lb 4 oz (3 gal) fresh potatoes, peeled and thinly sliced. Place 4 lb 1 oz (3 qt) potatoes into each steamtable pan. Continue with steps 3 and 4. In step 5, use 2 gal milk. In step 6, pour 2¼ qt liquid mixture over potatoes in each pan. Continue with step 7. In step 8, bake: Conventional oven: 350 °F for 50-65 minutes; convection oven: 300 °F for 40-50 minutes. Continue with steps 9 and 10.

## Nutrients Per Serving

Calories _____	160	Vitamin A _____	27 RE/108 IU	Iron _____	0.6 mg
Protein _____	6 g	Vitamin C _____	8.2 mg	Calcium _____	168 mg
Carbohydrate _____	27 g	Thiamin _____	0.08 mg	Phosphorus _____	158 mg
Fat _____	3 g	Riboflavin _____	0.24 mg	Potassium _____	419 mg
Cholesterol _____	10 mg	Niacin _____	1.22 mg	Sodium _____	397 mg

## Marketing Guide for Selected Items

### Scalloped Potatoes

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions .....	1 lb .....	2 lb .....	.....

### Scalloped Potatoes (Using Fresh Potatoes)

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For _____ Serving Recipe
Mature onions .....	1 lb .....	2 lb .....	.....
Potatoes .....	10 lb .....	20 lb .....	.....

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